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.
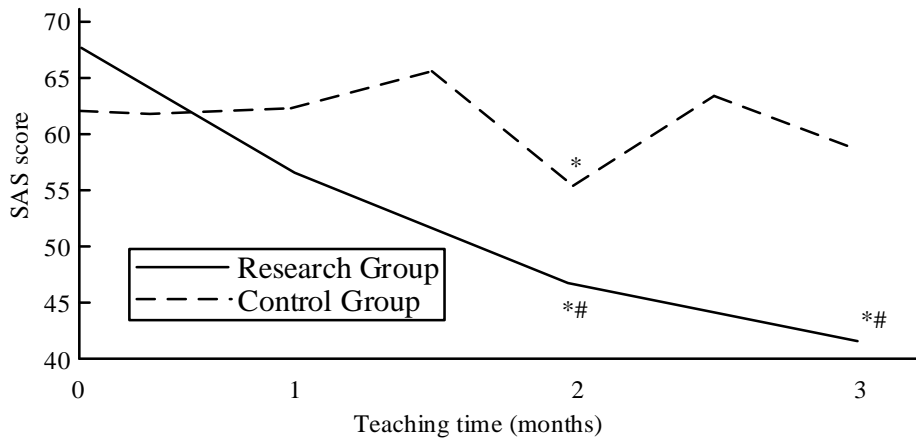
Note: $^*P < 0.05$ compared with that before teaching; $^\#$ It means that compared with the control group at the same time, $P < 0.05$.
Figure 1. SAS scores of two groups

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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

discusses the factors of employees' psychological imbalance in modern enterprise management, and puts forward strategies to ease employees' work pressure and psychological imbalance, so as to alleviate employees' anxiety and improve their work efficiency, which is of positive significance to employees themselves and the development of the enterprise.

Subjects and methods: In a certain city, 31 enterprises were randomly selected, and 60 employees with different degrees of psychological imbalance were selected from 31 enterprises as the research objects. Using the random number table method, 60 enterprise employees with different degrees of psychological imbalance were randomly divided into the research group and the control group, with 30 people in each group. Among them, for the enterprise employees in the research group, the psychological counseling strategy based on emotional psychology was used for psychological intervention. The employees in the control group used the traditional psychological counseling strategy for psychological intervention. After a period of time, the Self-rating Anxiety Scale (SAS), stress perception scale (Chinese version), Hospital Anxiety and Depression Scale (HADS) and other tools were used to evaluate the work stress and psychological imbalance of the two groups of enterprise employees.

Results: Before the experiment, the psychological anxiety levels of the two groups of employees were evaluated and recorded by using the self rating anxiety scale. The evaluation results show that before the experiment, the anxiety level of the two groups of employees is the same, and there is no significant difference. After the experiment, the self-assessment anxiety scale was also used to evaluate and record the psychological anxiety level of the two groups of enterprise employees. The results showed that after the experiment, the psychological anxiety level of the enterprise employees in the research group decreased significantly compared with that before the experiment, while the psychological anxiety level of the enterprise employees in the control group did not change significantly compared with that before the experiment. After the experiment, the psychological anxiety level of the study group was significantly lower than that of the control group. The degree of psychological anxiety of employees in the two groups is shown in Figure 1.
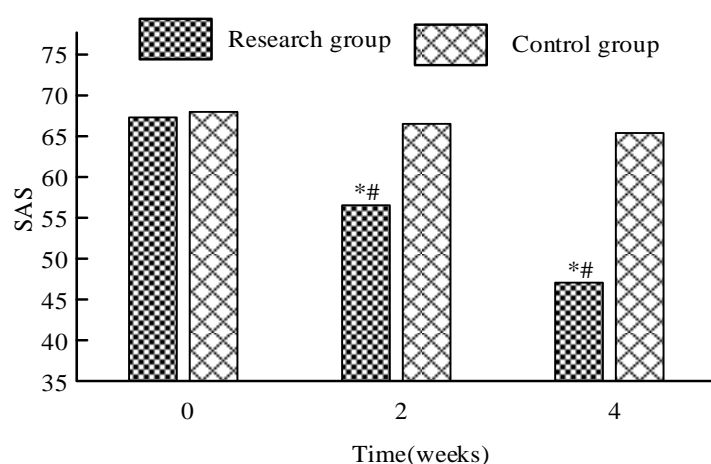
Note: *$P < 0.05$ compared with that before intervention; # It indicates that compared with the control group, $P < 0.05$.
Figure 1. SAS scores of two groups

Conclusions: For various reasons, the psychological health of employees in modern enterprises is generally low, and there is a widespread problem of psychological imbalance. When the psychological imbalance exists for a long time, it may cause individuals to suffer from psychological diseases such as anxiety and depression, affect their physical and mental health, also affect their work efficiency, and adversely affect the development of enterprises. Based on emotional psychology, this paper 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. The results show that before the experiment, the anxiety level of the two groups of employees is the same, and there is no significant difference. After the experiment, the psychological anxiety level of the study group was significantly lower than that of the control group. The above results show that the psychological imbalance counseling strategy based on emotional psychology can effectively dredge employees' work pressure and psychological imbalance, so as to alleviate employees' anxiety and improve their work efficiency, which is of positive significance to employees themselves and the development of enterprises.

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THE POSITIVE INFLUENCE OF COLLEGE ART EDUCATION ON COLLEGE STUDENTS' MENTAL HEALTH FROM THE PERSPECTIVE OF TRADITIONAL CULTURE

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Background: In the network information age, college students are exposed to a lot of information, but the information is mixed, and the mind of college students is not fully developed. Therefore, they are easy to be affected by some bad information, resulting in various negative emotions, such as anxiety, depression, mania, etc., which seriously affect the normal study and life of students. In psychological theory, works of art can make the audience get a kind of aesthetic feeling, so that the audience can get the emotional resonance with the art creators. Art creators can realize the emotional interaction with the audience, thus arousing the audience's past or current cognition and memory, stimulating emotional feedback, meeting the audience's emotional needs, alleviating the audience's negative emotions, and improving the audience's mental health level. Therefore, art education in colleges and universities is an effective way to improve students' mental health and alleviate students' negative emotions. However, there are many defects in the current art education in colleges and universities. For example, most of the works of art are westernized, and students cannot fully understand the meaning and emotion of the works. As a result, the effect of art education in colleges and universities on alleviating students' negative emotions is not obvious. Therefore, it is necessary to improve the art education in colleges and universities.

Educational psychology is an important part of applied psychology. It is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of the education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, students' psychological change law in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of students' cognitive ability development, teachers' cultivation of students' cognitive understanding, students' memory development, students' knowledge consolidation methods, students' cognitive strategy formation cultivate students' problem-solving ability and innovation ability, cultivate students' correct self-awareness, students' group psychology and students' mental health education. Based on the theory of educational psychology, this paper analyzes the psychological laws of college students in art education, and puts forward that China's traditional culture should be integrated into art education in order to reform it, improve teaching quality, alleviate students' negative emotions, and then improve students' psychological health.

Objective: College students' minds are not fully developed, and they are easy to be affected by some bad information on their mentality and ideas, resulting in various negative emotions, such as anxiety, depression, mania, etc., which seriously affect their normal study and life. Based on the theory of educational psychology, this study proposes to use China's traditional culture to reform the teaching mode of art education in colleges and universities, so as to improve the teaching quality, alleviate students' negative emotions, and then improve students' mental health level.

Subjects and methods: In the same major and grade of a university, 70 college students were selected as the research objects by stratified sampling. Using random number table method, 70 students were randomly divided into study group and control group, with 35 students in each group. Among them, the students in the research group used the art education model based on educational psychology and integrated into China's traditional culture for teaching. The students in the control group were taught in the traditional art education mode. After a period of teaching, 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' art education scores were used to evaluate the teaching effects of the two models.

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