

**Subjects and methods:** Taking 120 students in a university as the research object, all data were processed using PASW18.0 software package and Excel 2007. 120 students were divided into experimental group and control group, with 60 students in each group. The experimental group implemented the reformed physical education teaching mode, while the control group adopted the traditional teaching mode. The experiment lasted for four months. The psychological evaluation scale was used to evaluate the students' psychological changes before and after the experiment. The score was 1-5. The higher the score, the better the students' mental health.

**Results:** As shown in Table 1, it shows the psychological changes of students in the experimental group and the control group after 4 months of teaching. It can be seen from Table 1 that the experimental group taking reform measures scored higher in psychological indicators, and all indicators were very good. It shows that the reform of physical education teaching through behavioral psychology theory can improve students' mental health indicators and promote students' healthy and scientific development.

**Table 1.** Shows the psychological changes of students in the experimental group and the control group after four months of teaching

Project	Happiness	Enthusiasm	Healthy mentality	Self-confidence
Experience group	4	3	3	4
Control group	1	1	2	2

**Conclusions:** Behavioral psychology is widely used in modern education. By mining the relationship between people's behavioral characteristics and psychological activities in the educational environment, we can realize the adjustment and optimization of teaching activities and improve the teaching effect. At the same time, in the research of behavioral psychology, we pay more attention to the changes of students' mental health indicators, constantly study students' mental health indicators, and take necessary teaching improvement measures, which can not only improve the teaching quality, but also improve students' mental health indicators and realize the healthy development of education. The results show that the four-month experiment, adopting the reformed physical education model, can significantly improve the mental health indicators of student ID cards and accelerate the development of modern education.

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## ANALYSIS ON THE INFLUENCE OF TEACHERS' PROFESSIONAL IDENTITY PSYCHOLOGY ON JOB PERFORMANCE IN HIGHER VOCATIONAL COLLEGES

Wei Zhang\* & Ling Ma

*Yongzhou Vocational Technical College, Yongzhou 425000, China*

**Background:** In the research of modern psychology, identity psychology is a very important psychological state. Especially in modern enterprises, education and other working environments, the identification psychology of employees will be studied. Employees' identity psychology will have an important impact on the development of the enterprise or the expansion of work content. Identity psychology is a kind of psychological state in psychology, which mainly refers to a psychological state in which individuals have a common goal for their environment or organization. This psychological state will make individuals have qualitative feelings for the organization or group, and drive individuals to strive for the common goal. In the research of modern psychology, identity is a state of psychological achievement, which mainly refers to the recognition psychology of individuals in their environment compared with those who have higher status or achievements. As far as the definition of identity is concerned, identity can share the success of others psychologically, make people's psychology reach an unsatisfying psychological activity state in the process of sharing, and enhance individual self-confidence. Therefore, it can be seen from the concept of identity that identity psychology is the psychological state that individuals reach an agreement on the development of their organization. This psychological state is conducive to meet the individual's psychological state that is not easy to be satisfied, enhance the individual's self-confidence, and ensure the individual to obtain better development potential in the development. Therefore, in modern society, ensuring employees'

recognition of the enterprise or group will be conducive to the development of individuals in their environment and promote the common progress of the group.

In the development of higher vocational colleges, teachers' psychological state has an important impact on the development of colleges and universities. According to the research and development of teachers' identity psychology, many college teachers have negative identity psychology for the development of higher vocational colleges, which leads to many teachers' negative mood, work fatigue and reduced teaching interaction effect, which is not conducive to the development of teaching in higher vocational colleges and has a negative impact on teachers' work performance. Therefore, based on the theory of identity psychology, this paper discusses the reasons why teachers' identity psychology in higher vocational colleges is low, and takes necessary measures to improve teachers' identity psychology. It includes four measures: increasing teachers' professional quality training, strengthening teachers' mental health education, improving teachers' salary, and strengthening teachers' cultural understanding of higher vocational colleges. This paper analyzes the concept and connotation of identity psychology, studies the impact of vocational identity psychology of teachers in higher vocational colleges on their work, and then discusses the impact of vocational identity psychology of teachers in higher vocational colleges on their work performance, aiming at improving vocational identity psychology of teachers in higher vocational colleges and accelerating the scientific and healthy development of modern higher vocational education.

**Objective:** This paper discusses the concept and research significance of identity psychology, analyzes the current situation of vocational college teachers' professional identity psychology, and then discusses the impact of vocational college teachers' professional identity psychology on job performance, and puts forward corresponding measures to improve teachers' professional identity and promote the scientific and healthy development of higher vocational colleges in China.

**Subjects and methods:** Taking 80 teachers in a higher vocational college as the research object, the study took ideological work measures for the daily work of 80 teachers, including increasing teachers' professional quality training, strengthening teachers' mental health education, improving teachers' salary, and strengthening teachers' understanding of higher vocational college culture. The experiment lasted for four months. The PASW18.0 software package and Excel 2007 were used to process all the data, and the changes of teachers' psychological indicators and job performance before and after the experiment were evaluated based on the psychological scale indicators.

**Results:** As shown in Table 1, it refers to the psychological scale indicators and job performance results of teachers after 4 months of experiment. The evaluation score is 1-5. The higher the score, the higher the teacher's sense of identity, which is more conducive to the achievement of teaching activities.

**Table 1.** Shows the indicators of teachers' psychological scale and the results of work performance after the four-month experiment

Project	Control group (n=50)	Experience group (n=50)
Self-recognition	2	4
Job satisfaction	2	4
Sense of integration	1	5
Working attitude	2	5
Emotional expression	1	4
Communicative competence	2	5
Performance appraisal	2	5

**Conclusions:** Identity psychology is a kind of psychological state in psychological research, which means that individuals agree with the organizational or collective development goals. Teachers' professional identity psychology in higher vocational colleges is more conducive to promoting the development of teaching activities. At the same time, teachers' overall teaching level and improving teachers' work performance. However, many teachers in higher vocational colleges lack of professional identity, which affects the development of education. Therefore, this paper puts forward some ideological work measures to enhance teachers' professional identity. The experimental results show that after four months of testing, teachers' professional identity has been significantly improved, teaching quality has been improved, and personal work performance has been positively affected.

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## THE INFLUENCE OF ENERGY-SAVING BUILDING CONSTRUCTION SYSTEM BASED ON THE METHOD OF INTEGRATED SEMINAR HALL ON RESIDENTS' PSYCHOLOGICAL BARRIERS

Shiqi Zhao & Hongjun Yang\*

*School of Mechanical and Power Engineering, Guangdong Ocean University, Zhanjiang 524088, China*

**Background:** In psychological research, psychological disorder mainly refers to the process in which an individual is disturbed by physiological or psychological factors, resulting in abnormal psychology. Generally speaking, the behavior of patients with mental disorders is different from that of ordinary people. For example, they reject certain things and behave abnormally in their behavior. At the same time, their personal life, work and study will be affected. Psychological disorder is a kind of psychological disease. The patient cannot accept the real environment or life state, and will show rejection psychology in his heart. Generally speaking, patients with mental disorders are more likely to be affected by external environmental factors, such as tension, anxiety, irritability and other symptoms. Even with the aggravation of mental disorders, they will have negative performance around things or things and lose interest in everything. In addition, many patients with mental disorders are prone to auditory hallucinations, hallucinations, insomnia, dreaminess and other symptoms. They are afraid to get along with people and speak in a crowded place. If people with mental disorders do not receive timely treatment, they will induce more serious mental diseases, such as cognitive impairment, severe depression and other mental diseases, which will seriously affect the physical and mental health of patients and the development of society and the harmony of families. With the quickening pace of modern people's life, more and more people suffer from psychological disorders under the influence of the pressure of life, work and study, which has an adverse impact on the healthy development of society.

In the context of global energy depletion, energy conservation and emission reduction has become an important choice for social development. In this context, the integrated construction system has become a new direction of modern building energy conservation and emission reduction design. In the design of the hall of integrated research, multiple architectural teams will participate. Including architects, equipment engineers, energy-saving technical experts, psychological experts and building related professionals, they will participate in the whole process of energy-saving design, providing an open design platform for energy-saving and emission reduction design. At the same time, the building energy-saving design will focus on the optimal energy-saving effect of the building in the life cycle, which will cover energy optimization, environmental optimization, resource network optimization, economic optimization, intelligent control optimization and other system contents, and integrate these concepts and systems to realize the optimization and design of energy-saving buildings. Among them, in addition to paying attention to the design requirements of energy conservation and emission reduction, we also pay attention to the coordinated development relationship between people and the environment. Through the research on ergonomics and human development psychology, energy-saving buildings are more in line with the psychological needs of human development, and have a positive impact on human healthy development. In the face of more and more patients with mental disorders at present, a comprehensive and integrated seminar hall method is proposed to design modern energy-saving buildings, and the impact of buildings under this energy-saving system on residents' mental disorders is discussed, in order to provide treatment advice for residents with mental disorders and promote the healthy development of modern society in China.

**Objective:** This paper analyzes the concept of psychological barriers and the related harm performance, and studies the related concepts and contents of architectural design system under the method of integrated seminar hall. Then the paper discusses the impact of energy-saving building construction system based on the method of comprehensive integration seminar hall on residents' psychological disorders, in order to provide theoretical support for the treatment of people with psychological disorders.

**Subjects and methods:** 80 residents with psychological disorders were randomly selected as research objects in the society, and 80 research objects were arranged to live in residential buildings designed by the method of integrated seminar hall. The experimental test cycle was 6 months. PASW 18.0 software package and Excel 2007 were used to process all the data, and important evaluation indexes were selected from the psychological scale to reflect the achieved effect by evaluating the changes of psychological activities of 80 patients before and after the experiment.

**Results:** As shown in Table 1, it shows the changes of psychological activities of 80 residents after 6