

Teachers mainly train students' art appreciation level in music courses, and students improve their aesthetic ability to music through the study of course content. It is expected that through the optimization of college music teaching mode, through guiding students to shape correct values in the teaching process, students' inner feelings will be sublimated, and finally improve students' psychological quality and ability of aesthetic education.

Subjects and methods: The study explored the impact of music teaching reform on students' psychological quality of aesthetic education through comparative experiments. Taking 200 music majors in a university as the research object, the students were divided into traditional teaching group and new model group by digital random method. The reform experiment lasted for 6 months. By comparing the aesthetic education psychological quality and mental health level of the two groups of students before and after the experiment, this paper analyzes the impact of the college music teaching reform on students' psychology and aesthetic education.

Results: Table 1 shows the differences in the mental health level and aesthetic education psychological quality of the two groups of students after the experiment.

Table 1. The difference of mental health level and aesthetic education psychological quality between the two groups of students after the experiment

Test dimension	Traditional teaching group	New mode group
Anxious	3.72	1.35
Depressed	3.29	1.06
Psychological stress	3.77	1.14
Aesthetic consciousness	1.36	3.28
Artistic interest	1.09	3.64

Conclusions: As one of the main carriers of aesthetic education, music education in colleges and universities plays an important role in improving students' comprehensive psychological quality and developing various abilities. Colleges and universities should reform the current situation and existing problems of music education, improve teachers' teaching effect of music education, create a good classroom learning atmosphere for students, and cultivate students' creativity and imagination. Teachers should clarify the purpose of music education, improve the content of teaching materials, and make the content of teaching materials diversified. Teachers should constantly improve their teaching level, and carry out music education activities in combination with the characteristics of students, so as to truly promote the reform and development of music education in colleges and universities.

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THE EFFECT OF COLLEGE COUNSELOR TEAM CONSTRUCTION ON COUNSELOR PSYCHOLOGICAL DEVELOPMENT UNDER EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a product born on the basis of the integration and development of pedagogy and psychological science theories. It mainly solves all the psychological activities produced by the audience in the bilateral activities of education and learning. In the tide of the new curriculum reform, the status of educational psychology is becoming increasingly prominent. Educational psychology is not only a professional theoretical knowledge, but also a means that can be used in classroom teaching practice. In the process of educating and managing students, if counselors can effectively use the relevant knowledge theory of educational psychology, they can not only effectively change their social roles, but also improve their comprehensive education quality. For students, it is not only conducive to explore their own psychological changes, but also to change their bad behavior, develop good behavior habits, and lay the foundation for their better development in the future. Counselors can take educational psychology as a means to actively help students relieve learning pressure. The university stage is an important turning point in one's life. Students will encounter pressure from all sides in their study and life in the university. In addition to facing complicated schoolwork tasks, most students also have to take time and energy to participate in various skills competitions and other activities. When these pressures exceed the critical point that students can bear, they will lead to serious bad emotions and mental health problems. Therefore,

as educators in colleges and universities, counselors should give full play to their teaching ability in teaching and help students relieve their learning pressure in the most scientific way.

College counselors are the backbone of cultivating college students' ideological and political education, and they are also the teachers most often contacted by students in their daily life, which means that the words and deeds of counselors and teaching concepts will have a very intuitive impact and guiding role on students' self-development. Therefore, strengthening the relevant construction of counselors can play a very important role in college teaching. College counselors are the main force and backbone of Ideological and political education in colleges and universities. They assume the role of students' guide. Whether their state is good or not directly affects the growth of college students and the effect of ideological and political education. It is self-evident that an efficient and energetic team of counselors is of great significance to colleges and universities. Counselors have become an easy and high incidence group of job burnout. Many counselors have high negative emotions and low job satisfaction, which seriously affect the work quality of college counselors.

Subjects and methods: Based on the analysis report on the work of university staff in a city in 2021, the research uses the technology of data mining and cluster analysis to analyze the work psychology of university counselors, and deeply analyzes the psychological health problems of university counselors. Based on the analysis of the role of educational psychology in the development of counselors' work, this study puts forward the strategies for the construction of college counselors' team facing the psychological development of counselors, and verifies the effects of the reform of counselors' team construction by means of reform pilot. The research takes 278 counselors from 3 colleges and universities in a city as the research object, implements the construction of new counselors, and explores the impact of the construction of college counselors' team on the psychological development of counselors by comparing the changes of counselors' mental health and quality six months after the trial.

Results: The differences in mental health and quality of college counselors before and after the pilot reform are shown in Table 1. College counselors generally have the problems of job burnout and job anxiety. However, after the pilot reform for half a year, the professional well-being and psychological efficacy of the counselor team have been significantly improved.

Table 1. Mental health and quality differences of college counselors before and after the pilot reform

Test dimension	Cronbach's alpha coefficient	Cronbach's alpha coefficient
Job burnout	3.75	1.52
Psychological efficacy	2.01	3.76
Job happiness	1.34	3.27
Occupational anxiety	3.59	1.18

Conclusions: In the management teaching of colleges and universities in China, in fact, there is never a clear regional division of the work content of the counselors themselves. As long as it is within the counselors' ability, they all belong to their management and education, which makes the counselors have to deal with a large number of work tasks in their work, so that the psychological health level of the counselors is generally low. Strengthening the construction of college counselors can effectively help counselors find a more appropriate teaching orientation according to their own abilities, and can promote the improvement of college teaching and management system to a certain extent, so as to promote the sustainable development of counselors, promote the alleviation of job burnout of college counselors, enhance the work enthusiasm of Counselors, and promote the long-term mental health development of counselors.

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ANALYSIS OF THE INFLUENCE OF COMPUTER C LANGUAGE TEACHING ON COLLEGE STUDENTS' LEARNING EVASION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Due to the change of learning environment, the transformation of teaching methods, the interaction of interpersonal relationships, the cognitive exploration of self-worth and other factors, it is difficult for college students to give attention to both learning and life, which will more or less lead to