

students in two classes before and after teaching. The results showed that before the experiment, there was no significant difference in CSAs scores between class a students and class B students. After the experiment, the CSAs score of students in class A was significantly lower than that of students in class B. The change of CSAs scores of students in two classes is shown in Figure 1.

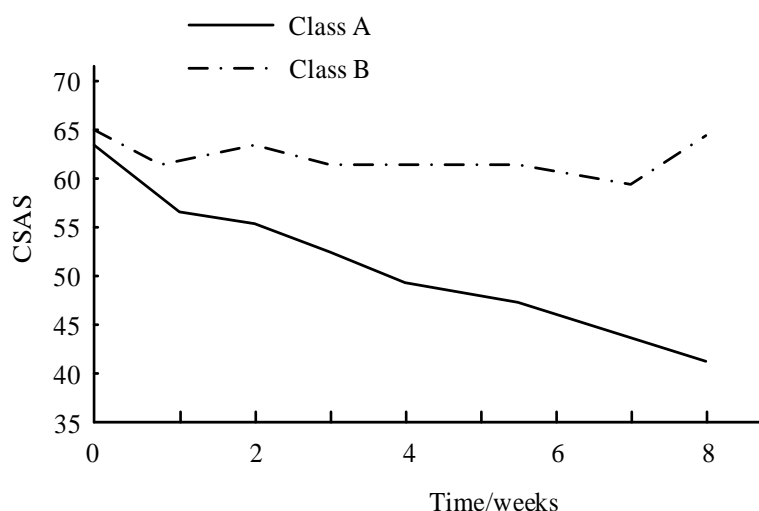


Figure 1. Changes in CSAs scores of students in two classes

Conclusions: In the study and life of colleges and universities, students will have a variety of negative emotions, such as exam anxiety, learning avoidance, depression and so on. College music education can play the effect of music therapy, so as to alleviate students' negative emotions and play the role of psychological adjustment. Traditional music is a very important part of our national music and plays an important role in music education in colleges and universities. This paper discusses the application effect of traditional music education in college students' psychological adjustment, and uses the College life Self-rating Anxiety Scale (CSAs) compiled by combining the symptom self-assessment scale and the anxiety self-assessment scale to evaluate the students' psychological anxiety in the two classes before and after teaching. The results showed that before the experiment, there was no significant difference in CSAs scores between class a students and class B students. After the experiment, the CSAs score of students in class A was significantly lower than that of students in class B. The above results prove that traditional music education in colleges and universities can significantly alleviate students' negative emotions, adjust students' psychology, and promote students' physical and mental health development.

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ANALYSIS ON THE APPLICATION EFFECT OF PSYCHOLOGY IN THE REFORM OF HIGHER EDUCATION MANAGEMENT SYSTEM

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Background: In colleges and universities, great changes have taken place in the way of learning. Some students' academic performance has declined and is not ideal because they cannot adapt to the changes of teaching mode and learning method. This has led to students' learning anxiety, examination anxiety and other psychological pressures. The psychological pressure of colleges and universities comes from many aspects. First of all, in colleges and universities, the environment in which students live, including the learning environment and living environment, has undergone tremendous changes. When students do not adapt to this change and show rejection psychology, they will have lonely and irritable emotions in their hearts, which will lead to psychological diseases such as anxiety and depression. Secondly, most college students' study in colleges and universities far away from their hometown. Students' eating habits, language habits and daily living habits are out of tune with the local, which makes them anxious. Finally, when they first step into colleges and universities, students do not know anyone. Some introverted students

do not properly handle interpersonal relationships in dormitories and classes. When they participate in collective activities, they will have social anxiety. The long-term existence of negative emotions and psychological pressure will turn into psychological diseases, so it is necessary to carry out educational management and psychological counseling for students.

With the progress of science and technology and economy, China has fully entered the information age, and the concept of Internet + has also been deeply rooted in the hearts of the people. Under the Internet + background, the old college education management system has some inadaptability, which cannot meet the needs of the development of the times, nor can it play the role of psychological counseling for students. Therefore, it is necessary to innovate and reform the traditional college education management system. Educational psychology is a comprehensive discipline developed by combining psychology, pedagogy and other disciplines. It can analyze the psychological changes and psychological development of students and teachers in the process of education and teaching, and reflect the students' acceptance of teaching content in the process of teaching and education. Therefore, this paper applies educational psychology to the reform of educational management system in colleges and universities, and discusses its application effect. The research on applying educational psychology to the reform of higher education management system is conducive to strengthening the pertinence and predictability of psychological education, so as to more comprehensively and clearly understand students' psychological needs, think about students' behavior patterns and thinking patterns, and reduce the generation of students' negative emotions.

Objective: In colleges and universities, great changes have taken place in the way of learning, which has led to students' learning anxiety, examination anxiety, and greater psychological pressure. The research on applying educational psychology to the reform of higher education management system is conducive to strengthening the pertinence and predictability of psychological education, so as to more comprehensively and clearly understand students' psychological needs, think about students' behavior patterns and thinking patterns, and reduce the generation of students' negative emotions.

Subjects and methods: In a university, two classes were randomly selected from the freshmen of a major. One class had 58 students and was recorded as class 1. The other class has 56 students, which is recorded as class 2. For the 58 students in class 1, the reform of higher education management system combined with educational psychology was adopted to carry out educational management. For the 56 students in class 2, the traditional reform of higher education management system is adopted for education management. After a period of time, students' psychological stress was assessed by means of questionnaires and real-time interviews.

Results: The Self-rating Anxiety Scale (SAS), the most widely used in clinical research, was used as a survey tool to investigate the psychological status of class 1 and class 2 students before and after the experiment. At the end of the experiment, the statistical data are collected and processed to see the change law of students' psychological status more intuitively. The statistical results showed that there was no significant difference in SAS scores between the two classes before the experiment. After the experiment, the SAS scores of students in class 1 decreased significantly, and the SAS scores of students in class 2 changed very little compared with those before the experiment. The statistical results after the experiment show that the SAS score of class 1 students is far lower than that of class 2. The SAS scores of the two classes are shown in Figure 1.

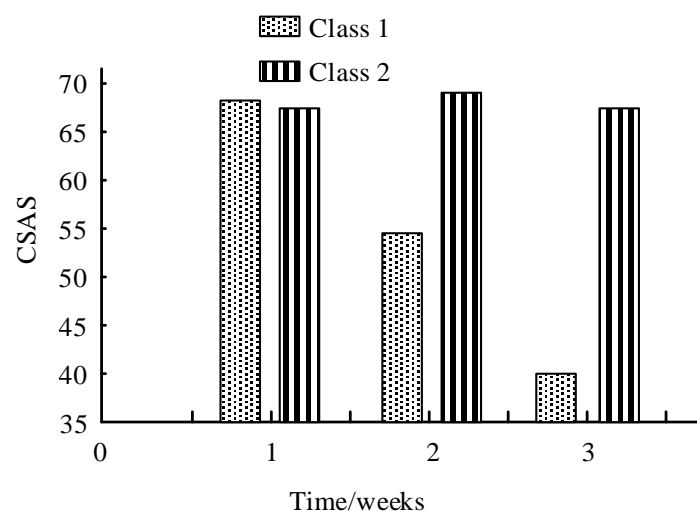


Figure 1. SAS scores of two classes

Conclusions: In colleges and universities, middle school students' learning anxiety, examination anxiety and other psychological pressures are greater. The long-term existence of negative emotions and psychological pressure will turn into psychological diseases, so it is necessary to carry out educational management and psychological counseling for students. The research on applying educational psychology to the reform of higher education management system is conducive to strengthening the pertinence and predictability of psychological education, so as to more comprehensively and clearly understand students' psychological needs, think about students' behavior patterns and thinking patterns, and reduce the generation of students' negative emotions. The results showed that there was no significant difference in SAS scores between the two classes before the experiment. After the experiment, the SAS scores of students in class 1 decreased significantly, and the SAS scores of students in class 2 changed very little compared with those before the experiment. The statistical results after the experiment show that the SAS score of students in class 1 is far lower than that of students in class 2.

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RESEARCH ON THE IMPACT OF PUBLIC HEALTH EMERGENCIES ON PUBLIC PSYCHOLOGY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: China has the largest population in the world, and the urban population is densely distributed. When public health emergencies occur, they will cause great harm. Public health emergencies have the characteristics of wide spread, sudden occurrence, serious harm and long-lasting impact. Public health emergencies will not only cause physical damage to the public, but also have a negative impact on the public psychology. To some extent, public health emergencies do more harm to the public psychology than to the public body. In public health emergencies, the public will have negative psychology such as panic and anxiety, and generate relatively negative psychological stress based on the negative psychology. For example, they always feel that their body is uncomfortable for no reason, their psychology is depressed, accompanied by obvious depression, and they have an inexplicable sense of hostility and fear towards strangers, resulting in a psychological distance from people. On this basis, there will be two extreme psychological situations. One is to go to the hospital repeatedly for physical examination, the other is to have a sense of fear of the hospital and dare not go to the hospital to see a doctor. Under the long-term negative psychology, some people have mental diseases, resulting in auditory hallucination, visual hallucination, olfactory hallucination, knowing that it is unnecessary, but unable to get rid of meaningless mental impulse and abnormal behavior and other psychotic symptoms.

Social psychology is an interdisciplinary research field of sociology, psychology and other disciplines. It mainly studies the occurrence and change of psychology and behavior of individuals and groups in society in the same environment. Based on social psychology, this study analyzes the factors that cause the negative psychology of the public in public health emergencies, and puts forward corresponding solutions to avoid the panic of the public in public health emergencies, affecting the physical and mental health of the public, and damaging the social order. Based on the perspective of social psychology, this paper studies and analyzes the public psychology in public health emergencies. The first is that the government should take effective measures: in public health emergencies, effective and strong social support is an effective way to reduce the public's life pressure, and then alleviate the public's psychological pressure. Secondly, it is necessary to ensure the timeliness and effectiveness of public access to information, so that the public can face up to public health emergencies, and avoid the sudden emergence and spread of panic when the public is aware of the crisis. Based on the above, five measures are proposed: establish an effective government emergency command system. Strengthen the construction of relevant legislation, improve the supervision mechanism, and standardize the law enforcement process. Establish an effective information submission system. Strengthen education and publicity, popularize public health knowledge, and enhance people's resistance to emergencies. Establish a public psychological crisis intervention mechanism.

Objective: Public health emergencies have the characteristics of wide spread, sudden occurrence, serious harm and long-lasting impact. Public health emergencies will not only cause physical damage to the public, but also have a negative impact on the public psychology. Based on social psychology, this study analyzes the factors that cause the negative psychology of the public in public health emergencies, and puts forward corresponding solutions to avoid the panic of the public in public health emergencies, affecting the physical and mental health of the public, and damaging the social order.