

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.

Subjects and methods: A questionnaire were used to investigate the psychological changes of the public under the COVID-19. In a city, 500 users were invited to participate in the questionnaire in the form of e-mail, QQ, web page, etc. The questionnaire is divided into three parts, including “the positive impact of government support on public psychology”, “the positive impact of timeliness of information acquisition on public psychology”, and the satisfaction of the respondents with the measures proposed in the study. Record the above three factors as factor A, factor B and factor C, and the score of each factor is 1-5. The higher the score of factor A and factor B, the higher the positive psychological impact of these two factors on the public in public health emergencies, and the higher the score of factor C, the higher the public’s satisfaction with the research strategy.

Results: Refer to the Symptom Checklist 90 (SCL-90) and Self-rating Anxiety Scale (SAS) to explore the impact of factor A on the public’s positive and negative psychology. The results of the questionnaire show that factor A has a significant impact on the public’s anxiety, depression, mania, panic and other psychology in public health emergencies, as shown in Table 1.

Table 1. Influence of factor A on public psychology in public health emergencies

Popular psychology	Score
Anxiety	4.2
Depression	3.9
Mania	4.5
Panic	4.8

Conclusions: Conclusions: public health emergencies have the characteristics of wide spread, sudden occurrence, serious harm and long impact duration. In public health emergencies, the public will have negative psychology such as panic and anxiety, and produce relatively negative psychological stress based on negative 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. A questionnaire was used to verify the research results. The results showed that factor a had a significant impact on the public’s anxiety, depression, mania, panic and other psychology in public health emergencies.

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A STUDY ON THE COOPERATIVE CULTIVATION OF COLLEGE STUDENTS’ PERSONALITY BY MENTAL HEALTH EDUCATION AND SCIENTIFIC MATCHING OF BOOKS AND MATERIALS FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Colleges and universities are the main position of talent training in China, and the quality of students is valued by all parties. In recent years, with the continuous development of society, social competition has become increasingly fierce. In colleges and universities, many students have various psychological problems, which affect their physical and mental health and academic development. Students’ psychological problems come from students’ psychological pressure and various negative emotions. Students’ psychological stress is mainly related to environmental change, academic anxiety, social anxiety and employment anxiety. Environmental change means that after entering the university, students are far away from their hometown, and their living environment and learning environment have undergone great changes. Some students cannot quickly adapt to this change, which will lead to negative emotions and psychological pressure. Academic anxiety means that there is a huge difference between the teaching mode of colleges and high schools. Some students cannot change from the teaching mode of high schools to the teaching mode of colleges and universities, and their academic performance drops, which leads to learning anxiety and greater psychological pressure. Employment anxiety is related to learning anxiety: Students’ studies are generally closely related to their future employment. When students’ academic performance is not ideal, students will naturally worry about job selection and employment in the near future, resulting in psychological pressure. Social anxiety is related to students’ personality. Generally speaking, introverted