

psychological counseling patients, and combine them with the psychotherapy resources in the traditional Chinese medicine culture. The ultimate goal is to analyze the psychological strategies for the transmission and inheritance of Shaanxi traditional Chinese medicine culture.

**Subjects and methods:** The subjects of this study were 190 psychological counseling patients. The main psychological symptoms of the patients were neurasthenia caused by the pressure of urban life and work, such as memory decline, insomnia and anxiety symptoms, and long-term fatigue. The subjects were equally divided into experimental group and control group. The psychological treatment and life adjustment of the experimental group were guided by the concept of traditional Chinese medicine psychotherapy, while the control group was guided by universal psychotherapy. The intervention period was two months.

**Results:** The therapeutic intervention effect indicators in the table include four symptom indicators, namely, cognitive decline, insomnia, anxiety and panic, dizziness and fatigue, which are common in patients with neurasthenia. Compare the number of symptom relief in the two groups, as shown in Table 1.

**Table 1.** Number of neurasthenia symptoms relieved under the intervention of the two groups

Symptom characteristics	Cognitive decline	Insomnia	Anxious and flustered	Dizziness and fatigue
Control group before treatment	77	54	79	68
Before treatment in the experimental group	79	56	77	69
Control group intervention	56	42	53	41
Intervention of experimental group	64	51	67	62

The data in the table are the number of symptoms before and after the two treatment methods. It can be seen that the control group is not as effective as the experimental group in the relief intervention of the four common symptoms of neurasthenia patients. Under the condition that the number of symptoms before treatment was similar between the two groups, the experimental group had 8 more cases of cognitive decline, 9 more cases of insomnia, 6 more cases of anxiety and panic, and 19 more cases of dizziness and fatigue.

**Conclusions:** The development of the localization concept of psychotherapy in China is inseparable from the dissemination and inheritance of excellent traditional culture. At the same time, the concept of scientific and humanistic care and psychotherapy resources contained in Shaanxi traditional Chinese medicine culture can help modern urban residents alleviate the living pressure and mental sub-health status in their work and life. In order to analyze the psychological strategies for the spread and inheritance of traditional Chinese medicine culture in Shaanxi, the study was divided into experimental group and control group according to the guidance of traditional Chinese medicine psychotherapy concept and universal psychotherapy. The results showed that the control group was not as effective as the experimental group in the four common symptoms of neurasthenia patients. The experiment proves that the psychotherapy theory in the culture of traditional Chinese medicine contributes to the further development and localization strategy of modern psychotherapy.

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## INFLUENCE OF SKILL TRAINING OF ELECTRICAL ENGINEERING SPECIALTY ON STUDENTS' PSYCHOLOGICAL BARRIERS TO EMPLOYMENT

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**Background:** Students' psychological barriers to employment generally come from state anxiety and trait anxiety. State anxiety comes from the lack of self-efficacy. They know that they will fail in the interview or examination, resulting in tension, palpitation, hand shaking and other symptoms. Long term state anxiety makes students fall into helplessness in life and become more and more unsure in cognition. Different from

the neglect of practical knowledge in the professional courses of liberal arts students, engineering students generally have the skill advantage after the employment intention is clear. Therefore, when facing the employment interview or examination, because of their skills, they can avoid state anxiety. Therefore, the professional skill training of electrical engineering itself has some elements to eliminate the employment pressure and psychological barriers to employment. Based on this consideration, the research optimizes the professional skill training courses of electrical engineering, in order to alleviate the employment trait anxiety of students. Trait anxiety originates from self-cognition and personality characteristics, and is generally related to students' family education and living environment. For example, female students who grow up in a family environment that values boys over girls are easy to fall into trait anxiety and have psychological barriers to employment. Trait anxiety is a kind of long-term negative psychological emotion, which usually causes temporary cognitive impairment, tremor, excessive tension, insomnia and other symptoms in specific environments such as employment interview and examination. Therefore, in the professional skill teaching course of electrical engineering, in order to alleviate the negative emotion of students' trait anxiety, we must first ensure the freedom of students' activity space, leave room for students to give full play to themselves, let students feel normal in the process of skill learning, improve their self-awareness and establish their confidence in professional skills. Secondly, pay attention to the role of groups in the professional skill training activities of electrical engineering, make students aware of the effectiveness of joint efforts and help among students, and enhance students' interpersonal skills and learning achievement sharing psychology.

**Objective:** The purpose of this study is to build the professional skill learning course of electrical engineering from the principle of alleviating students' state anxiety and trait anxiety. The purpose is to build the professional skill training teaching of electrical engineering into a practical and psychological constructive course for students' psychological barriers to employment.

**Subjects and methods:** The subjects of this experiment are two homogeneous classes of engineering majors in a university. The two classes are set as the control group and the experimental group, of which 27 are in the control group and 31 are in the experimental group. The control group was taught by the traditional teaching mode of electrical engineering professional courses, while the experimental group was taught by the optimized electrical engineering professional skills training course, which lasted for one semester. After the course, the SCL-90 scale was used to measure the students' employment anxiety scores.

**Results:** Among the nine indicators included in the scale, five are selected as indicators of employment barriers, including cognitive sensitivity of interpersonal relationship, health of lifestyle, anxiety, terror and paranoia. The score of each item is 10-50 points, and a total score of more than 100 points indicates poor employment psychological status. The average quantitative evaluation of the two groups of students is shown in Table 1.

**Table 1.** SCL-90 average quantitative evaluation of two groups of students

Student groups	Interpersonal cognitive sensitivity	Lifestyle health	Anxiety	Terror	Bigotry	Total
Control group	16.9	19.1	36.4	27.1	24.1	123.6
Experience group	10.7	18.6	21.7	24.9	14.7	90.6

It can be seen from the data in Table 1 that after the students in the experimental group learned through the optimized professional skill training course of electrical engineering, their quantitative score of employment psychological state was 90.6, while that of the students in the control group was 123.6, more than 100 points. At the same time, from the specific quantitative differences of the five psychological evaluation indicators, the five indicators are that the students in the experimental group are better than the students in the control group, in which the gap in the evaluation of anxiety is the largest, and the gap in the evaluation of the health of life style is the smallest. The experiment shows that the professional skill learning course of electrical engineering based on the principle of alleviating students' state anxiety and trait anxiety can effectively alleviate students' psychological barriers to employment, improve their interpersonal skills, and alleviate negative emotions such as anxiety, terror, paranoia, etc.

**Conclusions:** Students' employment pressure not only comes from the competition in the market employment environment, but also students' own state anxiety and trait anxiety are important factors that hinder students' active employment. The professional skill training course of electrical engineering has its own professional ability, which can effectively alleviate students' state anxiety. Therefore, the research is based on the existing engineering professional courses to optimize, in order to improve the professional skill training of electrical engineering to alleviate students' trait anxiety. The experiment shows that the electrical engineering professional skill learning course based on the principle of alleviating students' state anxiety and trait anxiety is effective in alleviating students' psychological barriers to employment.

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## ON THE STRATEGIES OF IMPROVING COLLEGE TEACHERS' TEACHING ABILITY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY IN THE POST EPIDEMIC ERA

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**Background:** Educational psychology is a science that studies the basic psychological laws of learning and teaching in the context of education and teaching. It studies the psychological process of the interaction between teachers and students in the context of education and teaching, and the psychological phenomena in the process of teaching and learning. Educational psychology has the dual tasks of pedagogy and psychology. It needs to explore and reveal the nature, characteristics and types of students' learning, as well as various learning processes and conditions, so that psychology can develop vertically in the process of education. It also needs to study students' learning and rules, reform the educational system and optimize the educational system, help teachers accurately understand problems, predict and intervene students, provide scientific theoretical guidance for practical teaching, and conduct research in combination with practical teaching. At the same time, we should further improve the efficiency of education, the level of teachers and the quality of education and teaching. While undertaking the important task of talent training, college teachers also need to carry out scientific research, cultural inheritance and innovation. Teachers need to spend too much time and energy in a variety of teaching activities, which is not conducive to the improvement of their teaching ability, and thus not conducive to the development of classroom teaching reform and the improvement of the quality of talent training. The teaching ability of university teachers is the ability that university teachers have to carry out teaching activities, fully express in the teaching process and thus achieve the teaching objectives. In the post epidemic era, in order to ensure the health and safety of teachers and students and the smooth development of teaching in colleges and universities during the epidemic prevention and control period, the Ministry of Education issued the document "no classes, no teaching, no school suspension". The "Internet + Teaching" has been rapidly promoted throughout the country. The combination of online and offline teaching will become the most common teaching method. In the post epidemic era, colleges and universities should quickly recognize the problems and challenges that will arise in the teaching process and make timely adjustments. How to improve the teaching ability of college teachers has become an important task in college teaching. The new teaching environment and teaching methods increase the teaching difficulty of teachers at the same time, resulting in increased pressure on teachers, which is not conducive to the development of teachers' mental health and the normal teaching work. This research integrates the methods and ideas of educational psychology into the strategy of improving the teaching ability of college teachers, and analyzes the ways of improving teachers' teaching ability and the impact on Teachers' psychological pressure.

**Objective:** Through telephone communication, offline interviews and other means to understand the teaching methods and problems of college teachers under the background of the epidemic, and propose measures to improve teachers' teaching ability based on educational psychology. Experts judge and supplement the feasibility of the measures, and evaluate whether the measures can reduce teachers' psychological pressure.

**Subjects and methods:** Carry out detailed communication with university teachers who carry out teaching activities under the background of the epidemic, and understand the main teaching methods, problems encountered in the teaching process, and psychological pressure. Combined with educational psychology, this paper designs some strategies that can help teachers improve their teaching ability and reduce their psychological pressure. Then 50 educational psychology experts were consulted about the feasibility of the measures and asked for their supplementary suggestions. The experts evaluated the positive impact of the designed measures on Teachers' mental health. The degree of impact was evaluated according to five categories: no impact, slight impact, general impact, obvious impact and full impact. The evaluation range was [1,5]. The higher the degree of impact, the higher the score. In the experiment, the scoring value is displayed in the form of mean  $\pm$  standard deviation, and *t*-test is performed. The significance level of