

health. Therefore, from the perspective of management psychology, the study optimizes the accounting behavior and explores the adjustment of the optimized accounting behavior to the negative emotions of accounting practitioners. In order to find the accounting work mode that can improve the enthusiasm of accounting practitioners and make them healthier physically and mentally.

Subjects and methods: The research team took an enterprise with 50 accountants as the experimental environment, and divided the 50 accountants into two groups, one is the traditional group, and the other is the optimized accounting behavior group. Before the experiment, the basic information of the two groups of accountants was compared until there was no significant difference between the two groups. In this study, measurement type data are comprehensively described by means of mean and standard deviation, and t-difference significance test is required. Count type data are described by number or proportion of number, and chi square difference significance test is required. The optimized accounting behavior standards are issued to the accounting members of the optimized accounting behavior group, and they are required to implement them according to the standards, while the traditional accounting behavior standards are still used by the accounting personnel of the traditional group, and the negative psychology of the accounting members of the two groups is dredged every week. The experiment lasted for 4 months. Before and after the experiment, SCL-90 investigation should be conducted for the two groups of personnel to understand the changes of negative emotions of the subjects during the experiment.

Results: The statistical values of the average dimension of the nine factors of the SCL-90 survey results of the two groups of accounting members are shown in Table 1.

Table 1. Statistical results of previous SCL-90 scales of the two groups

Statistical time	Optimization group	Legacy group	<i>t</i>	<i>P</i>
Before intervention	1.92±0.31	1.91±0.34	0.357	0.863
After intervention	1.45±0.23	1.88±0.24	7.385	0.001
<i>t</i>	5.712	0.756	-	-
<i>P</i>	0.002	0.351	-	-

It can be seen from Table 1 that before the accounting behavior optimization experiment, the *t*-test output *p* value of the average score of SCL-90 factor of the two groups of accounting members was 0.863, greater than 0.05, indicating that the data difference between the two groups was not significant. After the completion of the accounting behavior optimization experiment, the output *p* value of the average SCL-90 factor score *t* test of the two groups of accounting members was 0.001, less than 0.05, indicating that the data difference between the two groups was significant at this time, and the score of the optimization group was 1.45 ± 0.23, and that of the traditional group was 1.88 ± 0.24. The score of the former was significantly lower than that of the latter. The results show that the optimized accounting behavior standards can reduce the negative emotions of accounting members, and have a positive impact on improving the work efficiency and mental health of accountants.

Conclusions: With the development of society, accounting practitioners will face more challenging work, as well as some trivial matters in the company and the handling of interpersonal relationships. More and more accounting practitioners have negative emotions such as anxiety and depression, resulting in the decline of work quality and the emergence of mental health problems. In order to improve this situation, the study took a company as an example, and conducted a group experiment with 50 accounting practitioners as the research objects. The results show that after the experiment, the *p* value of the average score of SCL-90 factor of the two groups of accounting practitioners is 0.001, indicating that the data difference between the two groups is significant, and the score of the optimization group is significantly lower than that of the traditional group. The results show that the optimized accounting behavior will reduce the psychological burden of accounting practitioners, thus reducing bad emotions, maintaining a good psychological state and improving the overall work efficiency.

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INFLUENCE OF MODERN ART DESIGN ON COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY IN THE COURSE TEACHING OF COLLEGES AND UNIVERSITIES

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Background: Anxiety is a common psychological state and emotion. This psychological state usually occurs when individuals face insurmountable obstacles and problems, or dangerous and unknown factors that they are difficult to deal with. Psychological anxiety is usually accompanied by tension, depression and other negative emotions. When the degree of psychological anxiety is too heavy, individuals will show various physical and mental symptoms, such as sweating, shaking, dizziness, even vomiting, fainting and so on. At present, college students are one of the most common groups with anxiety disorders. Some studies have pointed out that college students' psychological anxiety is usually related to family factors, social factors, interpersonal factors and other influencing factors. The common anxiety emotions in this group include academic anxiety, Employment anxiety, social anxiety, etc. psychological anxiety shows universality, collectivity and uniqueness in the group of college students. The intervention of college students' psychological anxiety can start from many aspects, and college curriculum teaching is one of the important aspects. As the main scene of college students' study and life, school has a significant impact on the mental health of college students. Therefore, integrating psychological intervention technology into college curriculum teaching should have a positive impact on college students' psychological education.

In the field of psychotherapy, art therapy is one of the more concerned treatment systems in recent years. This system mainly uses art creation and appreciation activities to intervene in patients' various psychological problems. Relevant studies believe that art therapy mainly uses the pleasure and pleasure generated by individuals when appreciating and creating art to accumulate psychological capital, so as to help individuals resist the negative effects of psychological problems. In addition, other studies and theories explain art therapy from the perspective of culture and color psychology. In practice, there is a strong correlation between the intervention effect of art therapy and the art form selected for treatment, so the choice of art form should be close to the appreciation level of the aesthetic preference of the treatment object. For contemporary college students, modern art is an art form they often contact. Compared with other art forms, this art form is closer to their daily life. Therefore, college students have a higher level of appreciation and understanding of modern art. Therefore, modern art can be selected as a form of art therapy for the psychological problems of contemporary college students. In view of this, the impact of modern art design on college students' psychological anxiety in college curriculum teaching is a subject that has great research value.

Objective: To study whether the college curriculum teaching combined with modern art design elements has a positive impact on college students' anxiety psychology, and to explore whether this impact can be applied to the intervention of college students' anxiety psychology.

Subjects and methods: A total of 541 college students were recruited from colleges and universities in four different regions. Measure their psychological anxiety and mental health level within three months as the baseline data, and then carry out college course teaching intervention combined with modern art design elements for three months. After that, their psychological anxiety and mental health were measured again. The data were processed and compared. The psychological measurement tools used in the study are mainly based on the Self rating Anxiety Scale (SAS) and the overall anxiety evaluation form of college students with the characteristics of group anxiety. The scale evaluates the anxiety level of college students from four aspects: Academic anxiety, employment anxiety, interpersonal anxiety and social anxiety.

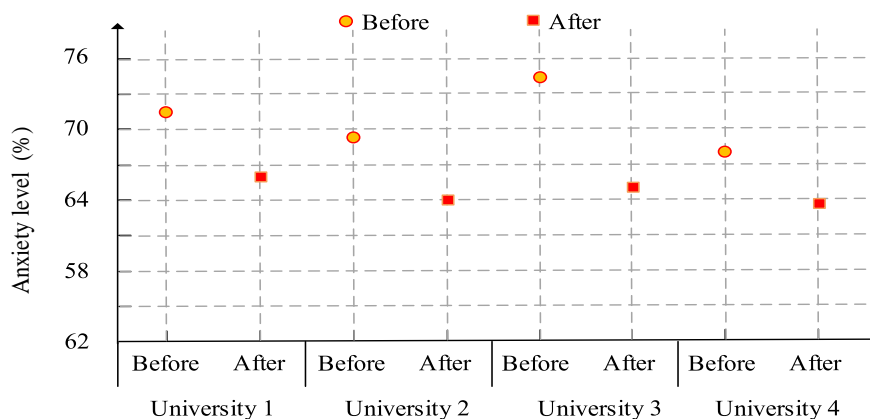


Figure 1. Overall psychological anxiety level of different universities before and after intervention

Results: Figure 1 shows the overall anxiety level scores of students in different universities before and after the intervention of college curriculum teaching combined with modern art design elements. It can be seen that the anxiety levels of students in each university are different before the intervention, and the

overall anxiety level of students in each university has decreased significantly after the intervention. Among them, college 3 experienced the largest decline of 9%, while high efficiency 1 and college 4 experienced a similar decline of 5%.

Conclusions: Anxiety is a widespread psychological problem among contemporary college students. Excessive anxiety has a negative impact on their study and life. Therefore, schools should pay enough attention to this kind of problem and take appropriate intervention measures. This paper studies the combination of modern art design elements in college classroom teaching, and whether this model can have a positive impact on the psychological education of contemporary college students. The experimental results show that this teaching model has obvious alleviating effect on the overall psychological anxiety level of college students, and has the potential to be applied to the psychological anxiety intervention of college students.

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RESEARCH ON THE POSITIVE EFFECT OF PHYSICAL EDUCATION ON RELIEVING COLLEGE STUDENTS' PSYCHOLOGICAL PRESSURE UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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Background: Stress is a common psychological state in individual psychology. It is generally believed that the occurrence of this psychological state is related to specific factors, which are called stressors. According to relevant studies, stressors can be divided into four types. First, stressors that may harm the health of individuals. Secondly, the individual judges the factors that will harm his mental health according to the conflicts and setbacks he has experienced. Secondly, the social environment and external stimulation of the individual have an impact on the individual. Finally, the cultural environment in which the individual lives stimulate the individual. Some scholars have conducted a longitudinal study on the psychological stress of college students. The results show that the main sources of psychological stress of college students are that their physical and psychological state cannot meet their own requirements, and the stimulation of the external environment. College students' perception of these stressors is higher than that of other groups. When college students have a strong perception of these stressors and are unable to deal with them properly, they are easy to feel intense psychological conflicts, which will further strengthen their sense of stress. Some studies have found that the current college students have the highest level of psychological stress in their studies. At the same time, college students often lack correct cognition and sufficient experience in dealing with stress, which leads to the negative mood of college students.

Educational psychology is a marginal subject. Its theoretical basis consists of pedagogy and psychology. The main research content of educational psychology is the psychological characteristics and behaviors of educators and educates in the teaching process. At present, educational psychology has been widely used in various fields related to education, and many scholars have made educational psychology analysis on the teaching modes and strategies of various subjects in college teaching. Among the teaching subjects in colleges and universities, physical education is a special subject. Its teaching purpose, teaching mode and teaching method are obviously different from other subjects. Therefore, the educational psychology analysis of physical education in colleges and universities also needs to pay attention to these differences. According to psychological theory, appropriate physical exercise is a kind of stress relief method with high universality. Some studies have shown that the people who adhere to physical exercise have lower psychological stress level than the people who have no physical exercise habits. It is worth exploring whether the physical education teaching in colleges and universities has similar relieving effect on the psychological pressure of college students, and whether the physical education teaching in colleges and universities can be used to intervene the psychological pressure of college students.

Objective: Starting from the theory of educational psychology, this paper studies whether college physical education teaching has a significant impact on the psychological pressure level of college students, and explores whether this kind of teaching can have a positive impact on the psychological pressure of college students.

Subjects and methods: The study recruited 405 college students of different grades, majors and genders from a university as the research objects, and measured their physical education teaching and psychological stress level. According to the characteristics of college students' psychological pressure, the physical