

and relaxation and tension (RT). The higher the score of GWB, the better the happiness of the subjects and the more positive their psychological state.

The results in Table 1 show that after the experimental intervention, the subjects who were guided by different vocal skills showed different scores. The molecular items and total scores of the GWB scale of the positive psychological guidance group were higher than those of the conventional teaching group, with a total score difference of more than 10 points, which greatly improved the students' positive psychology.

**Conclusions:** Positive psychology can effectively grasp the changes of students' psychological characteristics and help teachers better intervene students in teaching design and guidance. Vocal music skill is of great importance in vocal music performance art and is an important channel to improve students' professional practice ability. Playing its role in teaching practice can effectively realize the intervention of students' positive psychology, stimulate students' creativity and promote the improvement of their overall quality and professional psychology.

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## EXPLORATION ON THE REFORM OF TEACHING MODE OF "PHARMACEUTICS" BASED ON WORKFLOW UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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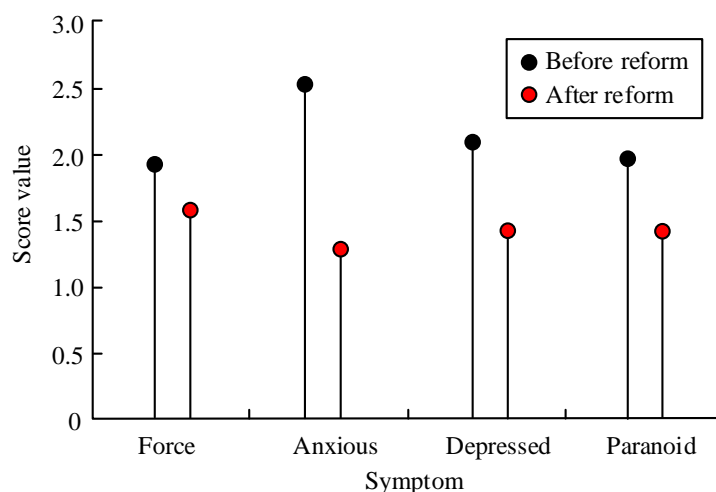
**Background:** As a branch of psychology, educational psychology can effectively intervene the teaching subjects and the teaching process in a specific educational situation, and fully excavate the teaching laws, so as to achieve the improvement of teaching courses, teaching objectives and teaching means and the satisfaction of students' psychological needs. Educational psychology focuses on how students learn and develop, and has developed many special fields to study educational problems, including instructional design, educational technology, curriculum development, organizational learning, special education and classroom management. Educational psychology realizes the positive guidance and intervention to students by discussing the relationship between students' personality development and educational environment, students' intelligence, ability development and knowledge learning, the relationship between social development and standardized learning, and the relationship between the effectiveness of teaching and the regularity of talent training. Giving full play to the role of educational psychology in classroom learning can effectively improve the pertinence of teachers' teaching and the intervention of students' psychology, and promote the all-round growth of students' morality, intelligence, physique and beauty. At the same time, integrating relevant psychological theories into the course teaching can effectively alleviate students' negative emotions and promote the improvement of their mental health level in the imperceptible teaching practice.

Pharmaceutics is a comprehensive applied technical science that studies the basic theory, prescription design, preparation technology, quality control and rational application of pharmaceutical preparations. The core task of pharmaceutics is to produce safe, effective, stable, controllable quality, easy to use and economical pharmaceutical preparations on a large scale. From the subject content, it can be seen that pharmaceutics is a comprehensive application technology discipline with wide coverage, high professionalism and strong practicality. The rapid development of polymer materials science, nano biomedicine and other related disciplines makes the scope of knowledge covered by pharmaceutics broader. However, after graduation, most students majoring in pharmacy reflect that there are great differences between the contents of their jobs and the contents and ways of learning. In this context, the work flow is introduced to reform the teaching of pharmacy course, and the teaching level is improved from the actual needs, so that the students' learning content can better meet the needs of the work content, and reduce their psychological problems and negative emotions in the learning process.

**Subjects and methods:** In this study, students of different grades of pharmacy major in a university were selected as the research objects. With the help of stratified cluster sampling method, the research objects were randomly divided into different teaching experimental groups. Based on the analysis of the current situation and problems of the original pharmacy teaching course, the teaching content is designed and optimized with the help of educational psychology theory, and the improvement of the teaching course is realized based on the working process principle and students' learning psychological needs, so as to make the teaching content more consistent with the actual job requirements. Then, through the design of the scale questionnaire, the research objects' learning psychology, mental health status, learning effectiveness and

other data under different teaching reform modes are collected and sorted out. And with the help of teaching simulation test and practice to test the influence mechanism of the reformed pharmacy teaching model on the research object. The experiment lasted for three months. After the experiment, data processing tools were used to collect and sort out the experimental data.

**Results:** After introducing the perspective of educational psychology to improve the pharmacy teaching classroom, the results show that the teaching model can effectively meet the learning needs of students, and under the guidance of the principle of workflow, the teaching content is more in line with the requirements of the job, which greatly enhances the students' enthusiasm to participate in the classroom and confidence in employment and career planning, and improves the students' mental health level and psychological quality to a certain extent. Figure 1 shows the improvement of students' negative emotions before and after the teaching reform of pharmacy.



**Figure 1.** Improvement of students' negative emotions before and after the teaching reform of pharmacy

The results in Figure 1 show that after the teaching reform of pharmacy, the scores of the subjects on compulsion, anxiety, depression and psychosis have decreased, and the maximum score has decreased by 1.3 points. The students' mental health has been greatly improved.

**Conclusions:** Educational psychology can provide a theoretical basis for educational reform, be committed to serving the real education, make the teaching practice content more targeted and diverse, and achieve the improvement of students' professional ability and comprehensive quality on the basis of grasping the teaching objectives and teaching laws. The teaching reform of pharmacy based on workflow is a teaching practice made under the conditions of meeting the professional development goals and students' employment planning, which can improve the process of talent training on the basis of ensuring the teaching quality.

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## RESEARCH ON THE INFLUENCE OF COLLEGE SPORTS CULTURE ON THE IMPROVEMENT OF COLLEGE STUDENTS' INTERPERSONAL RELATIONSHIP AND PSYCHOLOGICAL QUALITY

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**Background:** College students are a kind of people with high cultural level, the most active thinking and vitality in society. However, due to the social and historical development, college students in adolescence have some psychological problems. The main psychological problems of college students are interpersonal disorder, depression, anxiety, compulsion, mental symptoms and so on. Under the great pressure of employment, love, leaving and staying, college students are prone to anxiety, depression and other negative emotions; Poor college students tend to have inferiority complex and interpersonal barriers due to economic and spiritual pressure. A large number of data and reality have proved that college students have been in a psychological vulnerable social group. The interpersonal communication ability of college students refers to