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RESEARCH ON THE INFLUENCE OF THE STRENGTHENING OF COLLEGE STUDENTS' LABOR EDUCATION IN THE NEW ERA ON THE PSYCHOLOGICAL PRESSURE OF COLLEGE STUDENTS' EMPLOYMENT

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Background: At present, many college students are facing great employment psychological pressure when they graduate. The sources of employment psychological pressure come from many aspects, including their own factors, social factors, school factors and family factors. The main factors of college students are that they do not understand the employment situation clearly, and their psychological endurance and self-regulation ability are poor; The social factors are as follows: the employment market is imperfect, there are many problems in the employment market, such as injustice, neglect of training and lack of humanistic care. The school factor is mainly reflected in the lack of employment guidance for graduates, and the lag in graduate entrepreneurship education, job-hunting ability training and employment psychological counseling, which makes graduates rush for employment and only to complete the employment indicators. Family factors mainly show that parents' expectations are too high. In life, most students will respect their parents' opinions, thus losing their employment concept. The psychological pressure of employment is mainly manifested in four aspects: anxiety, inferiority complex, dependence and pride. For students in remote areas, introverted or with physical defects, they will show excessive anxiety, which makes them bear the heavy burden of choosing jobs and feel nervous and irritable; Some students also feel inferior because they are not a famous university, a popular major, no financial support, no contacts and other factors, so they lack correct understanding of themselves, confidence and courage; Most of the students lack subjectivity, their independent decision-making ability is weak, and their lack of enterprising spirit leads to dependency psychology, which is easy to lead to job opportunities. Some college students aim too high when looking for a job, and their pride is seriously divorced from the actual situation. In the face of the contrast in reality, their emotions often fluctuate greatly, resulting in psychological phenomena such as loss, irritability and depression.

Labor education is one of the research contents of labor psychology. As one of the branch Sciences of psychology, labor psychology combines labor process to study the psychological reflection, psychological activities and development law of workers. Labor psychology contains a variety of theoretical bases of psychology. It takes workers as the main body, centers on their needs, motivation, behavior and psychological quality, and combines the actual situation of the labor process to explore the psychological phenomenon of workers and how to use the scientific knowledge to stimulate the enthusiasm of workers in labor management. On the basis of labor psychology, labor education plays a positive role in building individual physical and mental health, cultivating positive psychology, enhancing practical ability, improving self-efficacy, and overcoming the psychological pressure of college students' employment.

Objective: At present, the difficult employment environment, coupled with the common characteristics of students, makes college students face great psychological pressure on employment when they graduate. By using the theoretical knowledge of labor psychology, the study strengthens labor education for students, changes and trains students' correct employment values, and enhances students' practical ability, with the purpose of helping students improve their psychological pressure on employment.

Subjects and methods: The study selected 80 college students from 5 colleges and universities as the research objects. The 400 college students were all prospective graduates to participate in the experiment on the impact of labor education optimization on students' employment psychological pressure. The experiment lasted for 6 months. The research objects were randomly divided into two groups. The first group was the control group without labor education, and the second group was the experimental group with labor education optimization. The experiment was conducted by using the self-made employment psychological evaluation scale. The scale contains 40 evaluation items, each of which has a corresponding score of 1-4 points. The total score of the scale is 160 points, and the lowest score is 40 points. The higher the score of the scale, the lower the employment psychological pressure of the subjects. In order to ensure the reliability of the experimental results, the subjects were all college students who were close to graduation. The experimental results were statistically analyzed by SPSS23.0 statistical software.

Results: Figure 1 shows the results of the self-made employment psychological evaluation scale in the experiment. In Figure 1, before the experiment, the employment psychological evaluation score of the control group was 80.7. As it was getting closer to graduation, the evaluation score gradually decreased. At

the end of the experiment, the average score of the group was 47.7, a decrease of 33 points. From the analysis of the experimental group, the score of this group before the experiment is also at a low level, with a score of 78.2 points. The difference is that the score of this group increases instead of decreasing during the experiment. The score in the first three months increases slowly, but the growth rate in the last three months is faster. At the end of the experiment, the average score of their job psychology evaluation is 128.6 points, up 50.4 points.

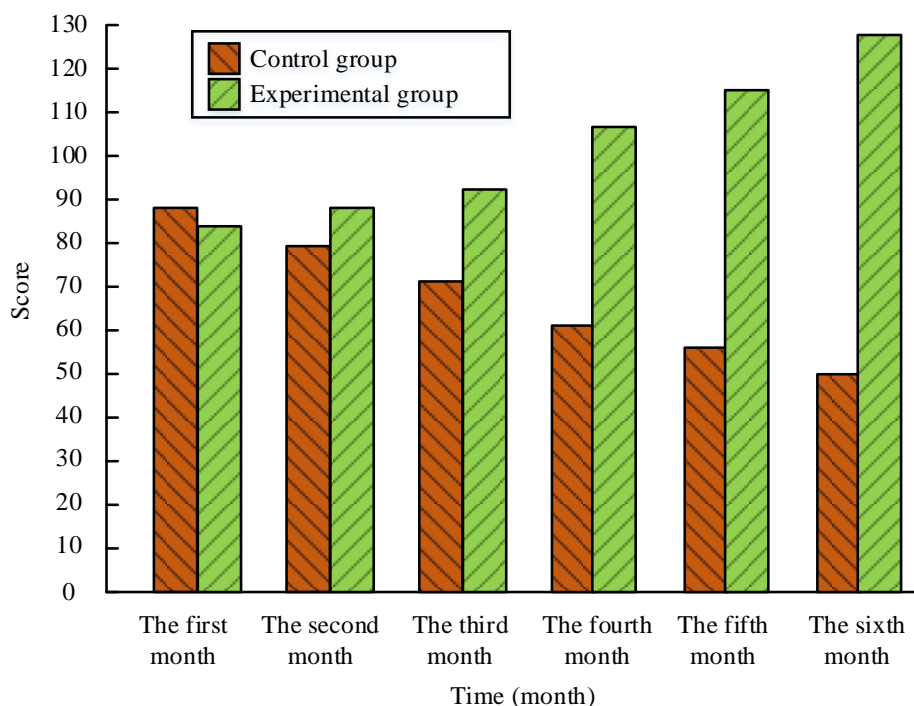


Figure 1. Evaluation results of self-made employment psychological evaluation scale in the experiment

Conclusions: In the face of huge psychological pressure on employment, students' body, mind and psychology are negatively affected, so as to ensure the development of students' high quality. Through the research of labor psychology theory, it is proposed to strengthen labor education and cultivate students' practical ability and self-confidence, so as to alleviate the psychological pressure on employment and cultivate students' correct self-confidence in employment.

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RESEARCH ON THE PSYCHOLOGICAL IMPACT OF TRADITIONAL SCULPTURE INNOVATION IN HEILONGJIANG PROVINCE ON AUDIENCES BASED ON DESIGN PSYCHOLOGY

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Background: Design psychology is a theoretical course in the design major. It is formed on the basis of psychology. It combines people's psychological state and their psychology of needs with design through consciousness. At the same time, it also studies people's psychological changes in the design process. The current sculpture education system is composed of social needs and personnel training. Among them, social demand is pragmatism, talent training is innovation oriented, and the long-term development of sculpture needs to meet these two aspects. With the development of design psychology in the exploration of art design, it has a great enlightening effect on sculpture education. In the research of art design theory and practice teaching in colleges and universities in China, psychology is an indispensable theoretical basis.