

## CONNOTATION, CURRENT SITUATION AND COUNTERMEASURES OF TEACHERS' JOB BURNOUT ON TEACHING EFFICACY

Zhongyi Shi, Hui He & Minyan Yu

Wuhan University of Engineering Science, Wuhan, Hubei, 430200, China

Teachers' mental health teaching efficacy is an important aspect of teachers' quality. In recent years, the research on teacher efficacy has become an important topic in the field of teacher mental. So far, a large number of studies on Teachers' teaching efficacy by psychologists at home and abroad show that teachers' teaching efficacy is an important factor affecting teachers' teaching behavior. Positive mental believes that promoting a person's mental to develop in a positive direction helps to improve the correctness of his subjective judgment. Job burnout, ideological tradition and weak teaching ability are the main reasons for the reduction of College Teachers' teaching efficacy. Based on the improvement of management teachers' teaching efficacy of positive mental health, schools can take the following measures: establish a diversified evaluation mechanism and create a positive working environment. Strengthen self-efficacy education and cultivate positive personality traits. Strive to improve EQ and enhance positive emotional experience. This can improve the mental teaching burnout of management teachers, improve the teaching level, and provide strong support for the mental health development of education.

**Key words:** teaching effectiveness - emotional experience - information teaching

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## THE INFLUENCE OF MUSIC TYPES ON COLLEGE STUDENTS' WORK MENTAL AND EMOTION

Chen Sun

College of Art Education, Xi'an Academy of Fine Arts, 710065, Xi'an, Shaanxi, China

Music is an art that develops over time. Music emotion is complex. Analyzing music works from the emotional mental model and the listener's physiological response can further understand the characteristics of music emotion. The influence of music on individual cognitive activities has attracted more and more attention of researchers at home and abroad, but the research on this issue is still controversial. The study of work mental and emotion is an important part of cognitive research. Whether music promotes or interferes with work mental emotion remains to be further studied. Work mental emotion is divided into speech work mental emotion and space work mental emotion. Through consulting the data, it is found that most of the previous studies on the impact of music on work mental emotion focus on speech work mental emotion, while there are few studies on the impact of music on space work mental emotion. The results show that music and mental emotional load have obvious interaction on the correctness of work mental emotion (voice and space). There was no interaction between music and load level on the reaction time of work mental emotion (voice and space). This paper discusses the specific physiological and mental mechanism of the impact of music on work mental and emotion, and puts forward some suggestions and opinions combined with experiments.

**Key words:** music emotion - spatial working memory - mental mechanism

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## SHAPING AND IMPROVING COLLEGE STUDENTS' MUSICAL ABILITY FROM THE PERSPECTIVE OF PSYCHOLOGICAL MOOD

Shuya Sun

*Department of Sports Education, Sports Science and Technology College of WSU, Wuhan, 430205, China*

The study of music ability is a very complex and extensive proposition. Music feeling is closely related to people's psychological emotion activities. To cultivate people's music ability, we can't ignore the attention to their psychological mood. As an important aspect of art education, music education plays a special role in purifying the soul, cultivating sentiment, improving moral cultivation and quality, and shaping a perfect personality. It plays a potentially powerful role in promoting the development of creativity, imagination and thinking. Based on this, this paper discusses the path of shaping and improving contemporary college students' music ability from the perspective of psychological mood. Firstly, by clarifying the close relationship between psychological mood and music education, as well as the different music psychological mood of college students at different stages. So as to explore the effective ways to develop the shaping and promotion of contemporary college students' music ability, and provide some reference for college students' music education. Promote the cultivation of comprehensive music talents in music majors in colleges and universities, and improve the quality and level of music education and teaching in colleges and universities in China.

**Key words:** household products - mental and emotional design - mental problems

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## MENTAL HEALTH COMMUNICATION AND EMOTIONAL EXPRESSION OF FASHION DESIGN

Li Xia

*Shanghai Institute of Visual Arts, Shanghai, 201620, China*

With the rapid development of economy, society has entered the information age. With the progress and promotion of modern science and technology such as science and technology, information data and social media, the fashion design industry has also changed and developed. In today's information age, the mental health communication of fashion design emotion can be based on big data, receive market changes and consumer needs in real time with the help of information, and apply mental health communication to fashion design. At the same time, the work must be appreciated and accepted, the designer's emotion can communicate with others, and the designer's mental can be balanced and pleasant. In order to survive, many things have been created and designed. They carry the internal and external significance of culture and reflect people's lifestyle, values, social conditions, technology, mode of production and so on in a specific time and space. This paper introduces the related technology of clothing decoration and the related design of clothing pattern, and the concept of mental health.

**Key words:** artistic emotion - clothing design -emotional release - values

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## THE INFLUENCE OF MENTAL ENVIRONMENT ON VOCAL MUSIC SINGING TEACHING

Sanxia Yang

*Wuhan Sports University, Wuhan, Hubei, 430070, China*

At present, the problems of vocal music teaching language are: Although the importance of vocal music teaching language has been widely concerned, there is insufficient systematic research, ignoring the accurate interpretation of basic terms, and it is difficult for students to realize autonomous learning. Pay too much attention to sound effect or emotional expression and lack of holistic thinking; Tend to feel language subjectively. The effective combination of singing skills and psychology in vocal music teaching is a new teaching method full of knowledge blending. It can stimulate the resonance of students' thoughts