

**Results.** The self-rating scale score of the experimental group after intervention was significantly higher than that before intervention ( $P<0.05$ ), and significantly higher than that of the control group ( $P<0.01$ ). In the professional assessment tool, the loneliness symptom status score of the experimental group was significantly improved compared with that before intervention ( $P<0.05$ ), and was significantly lower than that of the control group ( $P<0.01$ ).

**Conclusions.** Music-guided imagination activity combined with multimodal movement has a significant effect on college students with autism. The experimental group can better express emotions, enhance social skills, and improve physical coordination and spatial perception through music-guided imagination activities.

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## Coping styles of college teachers for students with ADHD tendency from the perspective of educational psychology

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**Background.** Attention Deficit Hyperactivity Disorder (ADHD) is a common childhood neurodevelopmental disorder, but it can also persist into adulthood. College teachers are faced with challenges in the face of students with ADHD tendency and need appropriate coping strategies to help these students improve their learning effect and adaptability.

**Research objects and Methods.** This study selected a certain number of university teachers as research objects, and collected data by means of questionnaire survey. The main content of the questionnaire was the teachers' views on the cognition degree, teaching strategy and support measures of students with ADHD tendency. SPSS23.0 software was used to record and analyze the data.

**Results.** The results show that most college teachers have relatively low cognition of students with ADHD tendency, and there are some confusions in coping with them. At the same time, however, some teachers have adopted positive strategies, such as providing additional tutoring and support, and establishing clear rules and time management methods. These teachers have achieved some success in helping students improve their learning effectiveness and adaptability.

**Conclusions.** From the perspective of educational psychology, college teachers should improve their cognition of students with ADHD tendency and adopt appropriate coping strategies to help them. This includes providing additional tutoring and support, setting clear rules and time management methods, and encouraging students to engage in classroom interactions. These measures can help students reduce attention difficulties and hyperactive behaviors, and improve the learning effect and adaptability.

## Macro-educational approach on employment psychological disorders among college students: an educational psychology perspective

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**Background.** The psychological barrier of college students in employment is increasingly serious in contemporary society, which has a serious impact on their mental health and employment prospects. Macro-education model is an education mode that pays full attention to the development of students. By providing more diversified and comprehensive educational resources, it is expected to alleviate the psychological barriers of college students in employment.

**Research subjects and Methods.** This study selected 50 college students from a certain university as the research subjects, and collected data through questionnaire surveys and on-site observations. The main data collected is information on the degree of employment psychological barriers among college students and the effectiveness of macro education models in alleviating their employment psychological barriers. In this study, SPSS software was used to process and analyze the collected data.

**Results.** The results showed that the degree of psychological barriers in employment was relatively low among the college students who accepted the macro-education model. By providing abundant employment guidance and practical opportunities, the macro education model enhances college students' confidence and readiness for employment.

**Conclusions.** From the perspective of psychology, the macro education model has a certain easing effect on the psychological barriers of college students in employment. By providing more diversified and comprehensive educational resources, this mode of education helps college students to enhance their confidence and readiness for employment, and reduce anxiety and pressure.

## Rural revitalization strategy and collaborative development of tourism on residents' psychological anxiety

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**Background.** Due to reasons such as low education and limited job options, rural residents face significant life pressure. Some residents often feel anxious about their work and life, and have significant psychological anxiety. With the horn of the rural