



Figure 1. Status of Students in the Early and Late Stage of Music Education.

It can be seen from figure 1 that after the intervention of music curriculum, the mood of students can be significantly improved, and students can be more positive and optimistic, which provides a reliable guarantee for future study and life. Before the music course intervention, there was no significant difference in mental health scores between the two groups ( $P>0.05$ ); The mental health scores of the two groups were significantly decreased after intervention ( $P<0.05$ ), and the scores of the study group were significantly lower than those of the control group ( $P<0.05$ ). It shows that music education has a certain impact on students' mental health in different periods and can help students improve their mental health.

**Conclusions:** In deepening the reform of education and promoting quality education in an all-round way, music education has a unique charm that cannot be replaced by other disciplines. We should fully tap the great potential of music education, constantly renew the concept of music education, and explore music education activities beneficial to students' physical and mental health, so as to improve the mental health level of college students. Cultivate qualified talents to adapt to the development of the times. College students are in the stage of psychological transformation. Music education plays a very important role in adjusting their emotions. We must correctly position music so as to give full play to the function of music education and rationally adjust the psychological state of college students. In order to promote the healthy growth of college students.

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## PROMOTING ROLE OF HUMANISTIC PSYCHOLOGY IN THE RESEARCH OF HUMANISTIC SOCIOLOGY OF SPORTS

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**Background:** The humanities and sociology of sports is an applied subject developed with the development of sports science and psychological science. Its purpose is to reveal the essence, characteristics, structure, function and development rules of sports behavior, as well as the impact of sports on human behavior and society. Humanities and social phenomena, and reasonable explanations of the importance and value of sports. Therefore, the humanities and sociology of sports is the study of sports in the field of all cultural phenomena and comprehensive disciplines of social phenomena, the research direction of its sports development direction, the inherent dissemination of sports values and sports culture, the establishment of the sports discipline system, the improvement of the sports system, and the standardization of sports behaviors. Promote sports to play an important role. Especially in the past ten years, the humanities and sociology of sports have continued to innovate and develop, and interdisciplinary and multidisciplinary interdisciplinary research and applied research have also made remarkable achievements.

Historically, there are three forms of psychology: philosophical psychology, scientific psychology, and humanistic psychology. They have played an active role in recognizing and understanding human social psychology. Among them, humanistic psychology emphasizes that the problem is the center, and methods and schemes are designed according to the problem, and the problem is solved on the basis of serving the

problem, rather than being opposed to it. Therefore, any psychological research can only be reasonable and satisfy the needs of human society if it pursues meaning and value as its goal and solves the actual problems of human beings. Psychology of the humanities is opposed to treating people as natural products such as animals and machines. It only pays attention to the natural state of people and cannot really effectively solve problems that are more meaningful and valuable to people and society. Therefore, as a kind of humanistic psychology, it has many advantages. This article analyzes its role in promoting the research of humanistic sports sociology.

**Subjects and methods:** In this article, in this paper, the problems existing in the sports humanities and sociology research as a breakthrough point, namely the basic theory of sports sociology and humanities disciplines is weak, three-dimensional mesh structure system has not yet formed, branch disciplines development imbalance, research integration degree is not high, on the basis of humanistic psychology will be integrated into the sports humanities and sociology study, analysis of its role in promoting to the research of sports sociology and humanities.

**Study design:** Firstly, to promote understanding of the nature of research.

Humanistic psychology can promote research scholar's mental state, to recognize the essence of man is suitable for the unique nature of the research and construction, however, it may not change in study, but when students are required to determine cultural differences or the role of humanistic spirit, can play a crucial role, is advantageous for the comprehensive look at problems. Therefore, the understanding of human nature by humanistic psychology becomes the logical starting point of the theoretical construction of sports humanistic sociology research.

Secondly, enhance the inclusiveness of researchers.

In the view of humanistic psychology, the human being, as the object of psychological research, is different from other species in nature, and its nature is far more complex than other species. Man is an existence of subjectivity, historicity, relativity and self-creation. People not only have material life, but also have their extremely complex and rich spiritual life. Humanistic psychology focuses on human motivation, value, dignity, need, potential development, self-realization and even pain, happiness and self-transcendence. Therefore, the application of humanistic psychology to the study of sports humanities and sociology can give full play to the advantages of humanistic psychology, enhance the inclusiveness of researchers, give full play to the potential of researchers, and promote the in-depth communication and exchange between different scholars, so as to promote the further development of sports humanities and sociology research.

Thirdly, promote further research.

Humanistic psychology puts forward the problem center theory again, advocates the choice of problem determination method rather than the opposite, and corrects the relationship between method and problem distorted by scientific psychology. This methodology will broaden the research field of humanistic sociology of sports, and make its research results closer to life and better serve the society. In addition, humanistic psychology adopts the research route of holism to ensure that the humanistic sociology of sports can be expanded to the field of sports practice in the research process, and the introduction of multidisciplinary theory and rich foreign research results, to realize the construction of interdisciplinary, multidisciplinary interdisciplinary research system.

**Methods of statistical analysis:** With the methods of literature, questionnaire and logical analysis, the application effect of humanistic psychology in the study of humanistic sociology of sports was studied, and the related scholars were asked to evaluate and score the promoting role of humanistic psychology in the study of humanistic sociology of sports. Among them, a total of 1,500 evaluation questionnaires were sent out and 1,465 were effectively collected with a recovery rate of 97.7%. The effectively collected questionnaires were divided into 10 groups. The number of questionnaires in the first 5 groups was 147, and the number of questionnaires in the last 5 groups was 146. The final evaluation results were obtained. The evaluation criteria are as follows:

(1) 1-20 points: Humanistic psychology has no promoting effect on the study of humanistic sociology of sports.

(2) 21-40 points: Humanistic psychology plays a low role in promoting the humanistic and sociological research of sports.

(3) 41-60 points: Humanistic psychology plays a moderate role in promoting the humanistic and sociological research of sports.

(4) 61-80 points: Humanistic psychology plays a strong role in the study of humanistic sociology of sports.

(5) 81-100 points: Humanistic psychology plays a very strong role in the study of humanistic sociology of sports.

**Results:** The relevant survey results were analyzed and sorted into a table, as shown in Table 1. Most of scholars agree that humanistic psychology has very strong function of sports humanities and sociology research, and also has a small part of the humanistic psychology to the sports sociology and humanities

scholars research has strong effect, did not think of humanistic psychology, scholars have no role on sports humanities and sociology research and the promoting function of low, verify the feasibility of this study.

**Table 1.** Evaluation results.

Group	Score
Group 1	83
Group 2	82
Group 3	75
Group 4	90
Group 5	94
Group 6	79
Group 7	91
Group 8	92
Group 9	78
Group 10	86

**Conclusions:** The place on put together is narrated, the present stage is at the stage of rapid economic and social development, at the same time also is in a stage of deepening reform, under the background of the students' sports humanistic spirit is an extreme lack of phase, so this article apply humanistic psychology in the study of sports sociology and humanities, and analyses its role to promote in the study of sports sociology and humanities, and through the questionnaire survey to verify the feasibility of this study.

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## THE ECOLOGICAL ENVIRONMENTAL PROTECTION CONSCIOUSNESS OF URBAN AND RURAL GRASSROOTS FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** With the deepening of urbanization and industrialization in China, as well as the operation of management city, garden city construction and international city system construction, the interaction between city and countryside in society, economy and environment has caused serious damage to the ecological environment. From the perspective of ecology, because urban and rural social economy and nature are an interactive and indivisible whole, the inharmonious ecological relationship between urban and rural social and economic development and environmental protection systems is the root of urban and rural ecological environment contradiction. Urban and rural research and management practice have proved that the solution to the contradiction between urban and rural areas can not only be obtained from the city or the countryside itself, but also from the perspective of social psychology to analyze the causes of ecological environmental damage, find solutions, and take the road of urban and rural grass-roots ecological protection.

Social psychology can guide people in daily life, gradually forming ecological behavior, environmental behavior, friendly behavior, responsible behavior, protection behavior, etc., can be more effectively committed to the protection of the ecological environment. Positive social psychology can make individuals consciously reduce behavior that has a negative impact on the environment, and actively change the practical behavior of materials, energy or ecological system, so as to minimize the negative impact of their own activities on the ecological environment.

**Objective:** Reviewing the development of China's urbanization road, China is not taking a steady and gradual road, but "slow step - stagnation - sudden" pace. In recent years, the development of ecological environment has become more and more important. We can take advantage of the historical opportunity of the coordinated development of urban and rural ecology and make use of the positive communication effect of social psychology to identify our respective advantages and development positioning in the process of environmental protection, thus promoting the sustainable development of the economy and environment.

**Subjects and methods:** Social psychology can guide social groups to make rational use of natural