

therapy, and two backbone teachers received several times of training on children's central play therapy. External play therapy experts set up parent-child play therapy training classes in kindergartens; backbone teachers carried out case play therapy in kindergartens and tutored some teachers to carry out case play therapy; backbone teachers tutored the whole kindergarten teachers to use the concept of children centered play therapy in daily teaching to deal with children's emotional and behavioral problems.

Results: To analyze the data after the experiment is to sort out and analyze the questionnaire results after the completion of drama therapy, including the questionnaire results of the experimenter and the control group (Figure. 1). After a long time of statistical work, the analysis results of the self-confidence of the experimental group and the control group are as follows:

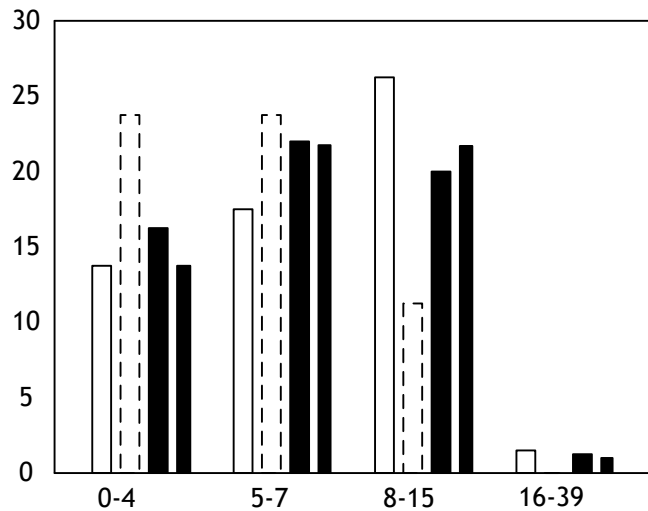


Figure 1. Self confidence of school-age children after the implementation of drama therapy counseling program.

In the experimental group, there are 24 people whose total score is less than or equal to 4, basically no lack of self-confidence phenomenon, accounting for 40% of the total number; there are 24 people whose total score is between 5-7, mild lack of self-confidence phenomenon, accounting for 40% of the total number; there are 12 people whose total score is between 8-15, moderate lack of self-confidence phenomenon, accounting for 20% of the total number. No serious lack of self-confidence was found.

In the control group, 14 people's total score is less than or equal to 4, basically no lack of self-confidence phenomenon, accounting for 30% of the total number;

There are 22 people with a total score of 5-7, a slight lack of self-confidence phenomenon, accounting for 33.3% of the total number; there are 22 people with a total score of 8-15, a moderate lack of self-confidence phenomenon, accounting for 44% of the total number; there are still 2 people with a score of more than 16, a serious lack of self-confidence phenomenon, accounting for 3% of the total number.

Conclusions: The self-confidence of the students in the experimental group has been greatly improved after receiving drama therapy. Therefore, children centered play therapy and its parent-child play therapy are especially suitable for the treatment of emotional and mild behavioral problems of preschool and early school-age children. As a psychotherapy method, it has a wide application prospect and is worthy of promotion and application in the field of children's psychological counseling. Every child psychological worker should treat and treat children with the concept of children oriented.

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INVESTIGATION ON THE INFLUENCE OF MUSIC ON MENTAL HEALTH OF COLLEGE STUDENTS

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Background: In recent years, with the accelerating pace of life and increasingly fierce social competition, college students are facing the pressure of study, life, emotion and employment, and the resulting mental

health problems of college students are becoming increasingly prominent. For example, on January 7, 2014, a boy of Southeast University jumped from the teaching building and died; on April 16, 2014, a female student of Sun Yat sen University hanged herself in her dormitory and died. In addition to self mutilation, there are also a series of vicious wounding cases, such as Ma Jiajue's serial homicide in Yunnan University and Lin Senhao's poisoning in Fudan University, which reflects that the mental health problems of college students can not be ignored.

Objective: If we can't guide and adjust the psychological problems of college students in time, and help them to vent their emotions through effective means, they will bear a heavy psychological burden, and the consequences caused by the decline of their mental health will be unimaginable. Therefore, this paper analyzes the psychological and behavioral health problems of college students, and tries to explore the psychological adjustment of college students by means of music, so as to effectively alleviate the psychological health problems of college students.

Subjects and methods: Appreciate. Music appreciation can be divided into feeling and appreciation. Feeling is a relatively simple music experience, which mainly refers to the superficial appreciation of the basic elements of music, such as pitch, sound, timbre and the background of music creation. Appreciation takes place after feeling. It is a combination of one's own unique psychological experience and existing knowledge and experience. It sublimates one's own feeling of music to a higher level of experience and has a new interpretation of music. Listening to music is helpful for college students to mediate their emotions, express their emotions and soothe their psychological trauma. College students are in the period of ignorance and agitation of puberty, combined with the pressure of study and employment and emotional distress, it is easy for them to produce emotional fluctuations, resulting in psychological trauma. Actively encourage college students to enjoy their favorite music works, let them get happy, sad and sad emotional resonance in the music, help them to realize the proper emotional catharsis and expression, reduce the occurrence of mental health problems. Specifically, colleges and universities can regularly hold a series of music literacy training activities such as "elegant music into campus", invite well-known orchestras, song and dance troupes, musicians and musicals into colleges and universities, create an elegant music culture atmosphere, provide more music appreciation opportunities for college students, and cultivate their interest in music.

Experience. The most direct way of music experience is playing and singing, which has a strong participation. The specific ways of singing include singing in unison, playing in unison, rotating, singing in chorus, ensemble, etc. Facing the increasing psychological pressure of college students, colleges and universities should encourage college students to actively participate in music clubs, song and dance groups, music broadcasting and other music activities held by schools or colleges, increase the opportunities of music performance and singing, actively integrate into the music world, and experience the beauty brought by music. In addition, colleges and universities can also carry out music education courses, use a variety of music education methods to increase the interest and enthusiasm of College Students' music experience, guide college students to ease their bad emotions and regain their confidence in life. At present, interpersonal communication is one of the main causes of College Students' mental health problems. Improving college students' interpersonal communication ability is helpful to prevent college students' mental health problems. The chorus and ensemble of music experience can provide an effective platform for college students to improve their interpersonal communication ability. Chorus or ensemble is a kind of team activity in which members cooperate with each other, help each other and work together to achieve the goal, which shows the cohesion and collective sense of honor of the group. Encouraging college students to actively participate in chorus or ensemble can not only cultivate their self-confidence, but also help them make more friends, establish good interpersonal relationship and prevent the occurrence of mental health problems.

Share. Music sharing activities can be realized through music games and musical performances. Music game is different from the general game. It is a kind of activity with music as the theme. It can combine the emotion of music with the entertainment characteristics of the game to achieve the effect of fun and education. Colleges and universities can design a variety of music games for college students to participate in, such as lyrics competition, karaoke competition and other activities, so that college students can quickly integrate into the music games, eliminate bad emotions in time, and feel the happiness brought by music. Musical performance is slightly more complicated than music games. The design and rehearsal of musical performance need teamwork and unity among members to complete the creation and performance together. In this process, it is helpful for college students to establish a collective friendship of mutual trust and mutual help, find a sense of collective belonging and establish a positive and optimistic attitude.

Creation. Music creation is the music activity of creative thinking. There are two kinds of music creation, one is simple improvisation, the other is orderly creation based on music materials. Improvisation is to let college students create music immediately according to the existing psychological state at that time. Specifically, when college students are in a state of anger, they are encouraged to vent their anger by

playing drums and other improvisations; When they are in a sad state, encourage them to play and sing for psychological counseling. Improvisation creates the characteristics of anytime and anywhere, which provides a simple and easy way for students to release psychological pressure and negative emotions in time. The orderly music creation based on music materials can cultivate the creativity of college students. Specifically, college students can reinterpret their favorite music works to interpret new contents, such as changing the rhythm and tone of the original music, adapting the sad and slow music into lively music, and adapting the high passion music into slow lyric music. This can not only form college students' own music style, It can also help them to express their emotions, solve their troubles and reduce their psychological problems.

Results: First of all, from the impact of music courses offered by the University. According to the author's survey, the attendance rate of these elective courses is basically more than 80%. Every class is very serious to learn and appreciate, and the teacher is also very adored. 76% of the students think that these music lessons can relax their tired body. 84% of the students think that music appreciation lessons can adjust their mood. According to the relevant data, music appreciation courses in universities are welcomed by most college students. They hope to listen to more music works and watch more film and television music works under the guidance of teachers.

Secondly, different music brings different feelings to college students. The survey shows that when individuals are in different emotional states, they will always consciously or unconsciously choose music to adjust their mood. When they are happy, they choose cheerful music to make their mood more cheerful. When they are depressed, they choose low and sad music to help them vent their melancholy. Music is the art of emotion, music has the function of health care, so playing appropriate music in the psychological counseling center of colleges and universities can help students to vent their emotions. For example, when appreciating Beethoven's symphony of destiny, the passionate, powerful and contradictory music shakes everyone's heart. It not only makes people feel Beethoven's strong will to fight against fate in misfortune, but also makes people enter a spiritual realm of indomitable struggle and striving, appreciating such works can effectively help students deal with the difficulties and setbacks in their study and life.

Conclusions: Music education plays an irreplaceable role in the construction of College Students' healthy psychology in the process of cooperation with psychological quality education. The high efficiency of work and life rhythm has increased people's mental pressure, indifference to the family relationship between people, materialistic crossflow has brought serious crisis and hidden danger to human society. People become more anxious and uneasy in their spiritual life. Therefore, people are eager to liberate themselves from the state of "working machine" and pursue a kind of spiritual life which is conducive to the coordinated development of individual sensibility and rationality, and the harmony of group interpersonal relationship. It is in this case that music attracts people deeply with its unique charm and becomes an indispensable part of life.

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INFLUENCE OF YOGA PRACTICE ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: With the rapid development of society, the increasingly fierce social competition, employment pressure, study pressure, interpersonal relationships and love confused on contemporary college students' physiological and psychological aspects of a certain negative impact, college students are an important group of social development, the community psychological health problems caught the attention of the height of the country, education, nowadays, the college students' mental health intervention is more, with what method to reduce psychological problems of college students social and university one of the problems to be solved. The study found that regular yoga practice has a positive effect on the mental health of college students.

Research Objectives: This paper aims to understand the problems existing in college students' mental health, reveal the influence of yoga practice on college students' mental health, and provide scientific guidance and empirical basis for improving college students' mental health level. Then promote the overall development of college students' physical and mental health.

Subjects and methods: The subjects were students of Grade 2019 and Grade 2020 in Huanggang Normal University, and 200 students were randomly selected to participate in the study. The experimental group and