

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

the control group had 100 people in each group. The experimental group had regular yoga practice twice a week, while the control group had normal life and study.

Study design: Before conducting yoga intervention in the form of questionnaire survey on two groups of students with mental health test, the test adopts famous mental health test scale SCL-90 symptoms self-evaluation scale, the scale is a factor of 10, reflect the heart condition of the ten aspects respectively, each project take five scoring system, when evaluating the psychological health level, the total split and factor to divide, divide total SCL-90 score is smaller, showed that psychological health conditions are relatively good, also, the smaller the factor score was equally divided between, show that the factor to reflect the status of the heart of adverse symptoms lighter, better mental health. The reliability and validity coefficient of this scale has been tested and recognized internationally and has high validity and reliability. It is used as a tool to measure the mental health level of college students with high reliability and validity and stability. Secondly, the differences of mental health status of college students before and after the experiment were compared with the mental health test scale. Finally, using the experimental method, the experimental group of students for 16 weeks of yoga practice, the experimental process, 2 times a week, 90min/time, 16 weeks later on the experimental group and the control group were respectively mental health test scale for re-investigation. Then the data of mental health test scale before and after the experiment were compared and analyzed.

Methods of statistical analysis: The mental health test data of students before and after the experiment were obtained by questionnaire, and the data before and after the experiment were input, stored and analyzed using SPSS19.0 statistical software. The data of SCL-90, a mental health test scale, were analyzed and compared between the two groups before the experiment, and no statistically significant difference was found.

Results: After 16 weeks of yoga training, the experimental group in interpersonal sensitivity, paranoia, depression, the total score of four indicators were significantly reduced compared with the control group, the four indicators were significantly reduced compared with the control group ($P<0.01$), anxiety, somatization, obsessive symptoms and other four indicators were lower than the control group ($P<0.05$); after the experiment, the indicators of interpersonal sensitivity, depression, anxiety and paranoia in the control group were decreased, but the difference was not statistically significant ($P>0.05$).

Conclusion: Compared with the experimental group and the control group, regular yoga practice can effectively relieve and improve the mental health problems of tension and anxiety and has an obvious effect on promoting the mental health of college students; The mental health level of the experimental group was significantly different before and after the experiment. The seven factors in the SCL-90 scale (somatization, obsessive symptoms, depression, anxiety, hostility, terror and psychosis, etc.) were optimized or improved significantly, which indicated that yoga practice could improve the mental health level of college students. Through the comparison before and after the experiment, it was found that there was no significant improvement in the two factors (paranoia and obsessive-compulsive disorder) in the scale, indicating that mental health is a complex and dynamic process, which should be scientifically recognized and prevented in advance.

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RATING COGNITIVE BEHAVIORAL THERAPY AND EMOTIONAL MANIFESTATIONS HAVE A ROLE IN REDUCING ANXIETY IN COLLEGE STUDENTS

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Background: Anxiety has been increasing, on the one hand, due to social changes, the pace of life accelerated caused. According to data from a study, people are 10 to 15 percent more likely to develop anxiety symptoms in their lifetime. Because college students are still in the formation stage at the psychological and consciousness level, it is particularly important. Because of the new contact with the new environment, the relationship with others in dealing with the relationship because of immaturity and friction, a variety of problems, these will become the cause of anxiety of college students. Anxiety will bring psychological pain, but also permeate life, so that their social skills have problems, in education, emotional frustration, the most serious will lead to suicide. To relieve the anxiety of college students and guide them to a more active state of mind is the focus of mental health work in colleges and universities.

Objectives: In recent years, cognitive behavioral therapy has received more attention, cognitive