

Methods: Use Excel to count the anxiety and depression of middle school students in different roles in Japanese colonial education.

Results: By analyzing the situation of Japanese colonial education, the cultural self-confidence of college students can be improved. Enhancing cultural self-confidence lies in identification. It is necessary to correctly understand the advantages and disadvantages of culture, and promote cultural development by identifying with Chinese culture. Increased patriotism can enhance the satisfaction of daily life. At the same time, the knowledge base guarantees the ability to relieve anxiety and depression.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact. The individual subjectively caused a large error. Take the assessment value of 1000 students and take the average, and the result is determined by rounding off. The specific statistical table is shown in Table 1.

Table 1. The impact of anxiety and depression among college students.

Factor	Cultural confidence	Patriotism	Knowledge
Junior high school	4	5	3
High school	4	5	4
University	5	5	5

Conclusions: Mental health is an outstanding problem that affects the growth and development of college students and the harmony and stability of colleges and universities. Anxiety and depressive symptoms mainly refer to the mental symptoms of mental fatigue, emotional excitement and emotional instability caused by the brain's long-term stress state, which causes the brain's excitement and inhibition functions to become disordered. Patients with anxiety and depression symptoms may have clinical manifestations such as depression, insomnia, anxiety, and pain. Most patients with anxiety and depression symptoms are young adults. Mental workers are more likely to suffer from anxiety and depression symptoms. The main cause of anxiety and depression symptoms is: excessive pressure in life and work. By analyzing the different roles in Japanese colonial education, it is possible to effectively study and judge the anxiety and depression of college students, formulate corresponding mitigation methods, build harmonious interpersonal relationships, relieve students' psychological pressure, and promote the mental health of college students.

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DISCUSSION ON PIANO TEACHING STRATEGIES AND THERAPEUTIC MECHANISM OF BLIND CHILDREN WITH MENTAL DISORDERS

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Background: In children piano teaching, piano teaching for blind children is a special teaching. Blind children in the visual obstacles to their learning and life brought difficulties and inconvenience, especially learning piano this need to hands also need eyes to recognize the music instrument is more so, but in some aspects, they are stronger than ordinary people. Blind children are the most serious visual disability, that is, the best corrected visual acuity is less than 0.05 or the field of vision radius is less than 10 degrees, that is, almost invisible. China has given special support to persons with disabilities, established and gradually improved the human rights protection system for persons with disabilities, and promoted their equal participation in social life. However, the development of the cause of the disabled only have these external reasons is not enough, but also need disabled people with a healthy heart to struggle courageously. Because blind children are visually disabled, they acquire information mainly by hearing. Blind children grow up listening to the world, their hearing ability is stronger than ordinary children, which is also an advantage of blind children to learn piano playing. However, as a piano teacher how to play their own advantages in teaching blind children, how to carry out the blind children piano enlightenment teaching this topic has important practical significance.

Music is an external stimulation of the human brain, which is closely related to various physiological functions of the human body. In music therapy, people find that the regular acoustic vibration frequency of green music itself will produce a resonance reaction with the physiological rhythm of the human body. The physiological state of the human body has beneficial changes through music stimulation to adjust the human

brain network structure, cerebral limbic system cerebral cortex, central nervous system and endocrine system and other physiological changes to achieve emotional adjustment.

Objective: Learning the piano helps to ease personal emotions, improve personal quality and accomplishment, and gradually learn how to enjoy life through the influence of art. Through piano teaching, the mood of blind children with mental disorders can be gradually improved, so that they can be more optimistic, outgoing, and more willing to expand their communication range, improve communication skills, and build self-confidence.

Subjects and methods: 300 blind children with mental disorders were taken as the survey subjects. Through the one-year piano teaching, analyze the impact of piano teaching on mentally disabled blind children, including three aspects: self-confidence, learning ability and optimism. In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, and 4 means sufficient influence. Statistics of teaching results with Excel software.

Results: Through the analysis of the beneficial effects of piano teaching on the mental development of blind children with mental disorders (shown in Table 1), practical application results can be obtained. In the piano enlightenment teaching, by cultivating the sense of music of the blind children, it can promote the improvement of the blind children's living ability and perception ability. Through the understanding of music and the use of music to express thoughts and feelings, the blind children's optimism can be enhanced, and at the same time, the blind children's learning interest can be effectively improved, and the learning ability can be stimulated to promote the blind children's comprehensive development in both technology and music.

Table 1. The impact of piano teaching on blind children with mental disorders.

Strategy	Self-confidence	Learning ability	Optimistic
Actual effect	4	4	4

Conclusions: In recent years, the country has paid more and more attention to the construction of quality education and developed vigorously, and people's awareness of music education for visually impaired children has been improved. Blind children's keen hearing, dedicated learning attitude, hardworking spirit and good memory are all the unique advantages of blind children in learning piano. These advantages also enable blind children to learn piano and even excel. In the process of piano teaching for blind children, we need to pay more attention to the cultivation of musical sense. It can be done through the teacher's explanation and appreciation of musical works, so that the blind children can think of the content or background of the musical works, or by appreciating different style music works to improve artistic accomplishment. Therefore, if teachers can provide blind children with more blind scores of different styles, so that blind children can have more exposure to different styles of works, then more blind children will be attracted to learn piano and let them find it in learning piano. Be happy, use music to drive away the darkness and loneliness of the inner world, so that the hearts of these special children are filled with brilliant sunshine. Therefore, the teacher's teaching can effectively improve the piano learning ability of blind children, and on the other hand, it can also relieve the psychological pressure of blind children with mental disorders and improve the quality of life.

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CORRELATION ANALYSIS OF LEARNING BEHAVIOR TRAINING IN IDEOLOGICAL AND POLITICAL COURSES AND COLLEGE STUDENTS' ANXIETY

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Background: Anxiety is the nervousness and fear caused by the disturbance of the autonomic nervous system. The mental and physical development of college students is in the late stage of youth development. Their individual psychological mechanism is not sound, their will control is poor, and various psychological conflicts are intense. It is a period of tension and anxiety full of crises. Studies have shown that among college students receiving psychiatric treatment, the rate of anxiety patients has reached 40%. Anxiety disorder is a kind of mental illness that is easy to produce under the background of great mental stress. It