

result is determined by rounding off. The specific statistical table is shown in Table 1.

**Table 1.** The impact of ideological and political education on students' psychological quality.

Factor	Confidence	Sense of responsibility	Creativity	Character	Stable personality
Primary school	5	3	5	5	5
Junior high school	5	4	4	4	3
High school	3	3	4	3	3

**Conclusions:** Curriculum ideological and political refers to the formation of a pattern of full-staff, full-course, and all-round education, to form a synergistic effect with various courses and ideological and political theory courses, and to “develop people with morality” as the fundamental task of education A kind of comprehensive education concept. Curriculum ideology must not only focus on condensing knowledge base in value dissemination, but also emphasize value guidance in knowledge dissemination, and effectively promote the integration of explicit education and implicit education. This brand-new education model pays special attention to the development of “curriculum ideological and political” as a starting point to actively construct a large ideological and political pattern in colleges and universities, that is, to focus on new achievements, new eras, new ideas, new goals, and new deployments. Begin with new requirements, reconstruct the new curriculum system of ideological and political education in colleges and universities, so as to maximize the promotion of various majors, courses, and all-round development as the main front of ideological and political education for classroom teaching and morality.

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## THE CREATION AND INFLUENCE ANALYSIS OF WORKS ABOUT “LI ZIQI” UNDER THE CONDITION OF THE AUDIENCE’S COMPENSATING MENTAL ANXIETY

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**Background:** Human survival needs are composed of five levels: physical needs, safety needs, belonging and love needs, respect needs, and self-realization needs. With the development of economy and technology, higher-level needs will be more importantly manifested. In addition to simple food, clothing, shelter, and transportation, people’s essential survival needs also have more important spiritual needs—*aesthetic needs and spiritual destination needs*. In the traditional Chinese aesthetic concept, the aesthetic charm of tranquility, harmony, leisure, unrestrained, and primitive simplicity embodies the symbolic characteristics of traditional art and culture. The series of short videos of “Li Ziqi” amplifies this aesthetic feature in traditional Chinese art and culture, breaking the status quo of restraint, tension, depression, and speed caused by modern society, allowing people to escape from reality, Enjoy the idyllic pictures that the video brings to people. The pursuit of peaceful life and aesthetics expressed in these videos is in line with people’s subjective psychological consciousness, allowing people to break the real environment of money, competition, and anxiety, eliminate inner depression and anxiety, and return to a peaceful and natural inner state. Li Ziran’s series of videos all implement his pursuit of beauty. In addition to satisfying people’s essential aesthetic activities, fans can subtly accept the influence and change of China’s excellent traditional art and culture. In the series of short videos of “Li Ziqi”, the most attractive place for users is that it creates an immersive look and feel for users and the feeling of “These things are very simple and can be done by hand”. For example, the issue of playing cotton gave viewers a kind of guidance to play cotton, while the issue of the four treasures of the study, through the description of the pen, ink, paper and inkstone production process, stimulated the audience’s desire to explore relevant knowledge. By paying attention to the viewer’s emotions, short videos continue to develop new creative modes, allowing viewers to immerse themselves in it and get the most intuitive experience.

**Objective:** With the rapid development of society, people’s life rhythm is gradually accelerating, and the pursuit of a “fast-paced” lifestyle has caused modern people to fall into a whirlpool of anxiety and desire a “slow-paced” life. The aesthetic style of “fast but slow” presented in Li Ziqi’s short video just comforts the contemporary people’s desire for a “slow life” and helps relieve people’s anxiety.

**Subjects and methods:** The works of “Li Ziqi” can help the audience alleviate anxiety and establish a correct outlook on life and values. It can be seen that the negative emotions of the audience can be effectively alleviated by watching the works of “Li Ziqi”. This article mainly studies the relief of the audience’s life anxiety, loneliness and physical symptoms from the works of “Li Ziqi”. By means of questionnaires, the influence of the works of “Li Ziqi” on its various aspects is counted.

**Study design:** Using the stratified cluster random sampling method, 1,000 audiences were surveyed. Randomly selected 1,000 audiences of different ages, genders, and occupations to conduct a questionnaire survey. A total of 1,000 copies were distributed, 986 copies were recovered, and the number of valid copies was 979.

**Methods:** Use Excel to calculate the relief of audience anxiety by the works of “Li Ziqi”.

**Results:** The works of “Li Ziqi” have different effects on the relief of the audience’s anxiety. The work of “Li Ziqi” creates a poetic pastoral life in the short video. The video presents the traditional and authentic lifestyle of the Chinese people, allowing modern urbanites to find a sense of spiritual belonging. In the video, they can feel relaxed and beautiful, which can reduce some anxiety and pressure, and effectively relieve mental anxiety.

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 relief, 2 means moderate relief, 3 means obvious relief, 4 means sufficient relief, in order to reduce the value in the assessment Individual subjective causes large errors. Take the evaluation value of 1000 audiences and take the average, and the result is determined by rounding off. The specific statistical table obtained is shown in Table 1.

**Table 1.** The effect of the works of “Li Ziqi” on the audience’s anxiety relief.

Factor	Life anxiety	Loneliness	Physical symptoms
Audience	4	4	4

**Conclusions:** Short videos under emotional design meet people’s viewing needs and spiritual satisfaction, opening a new door for the production of short videos in the Internet era. The popularity of Li Ziqi’s work has magnified the aesthetic characteristics of traditional Chinese art and culture, and broke the current situation of restraint, tension, depression, and rapidity caused by modern society, allowing people to escape from reality and enjoy the video brought to people Idyllic picture. The pursuit of peaceful life and aesthetics expressed in the video is in line with people’s aesthetic appeals. It can eliminate inner depression and anxiety, return to a peaceful and natural inner state, and effectively relieve the audience to compensate for mental anxiety.

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## FORECASTING METHOD OF VOCAL TRAINING PREFERENCE BASED ON BEHAVIORAL PSYCHOLOGY

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**Background:** Behavioral psychology is a school of psychology originated in America in the early 20th century. According to the view of behavioral psychology, psychology should not only study consciousness, but also study behavior. Behavior is the combination of various bodily responses that an organism uses to adapt to environmental changes. Vocal music teaching is one of many behavioral trainings, so it follows the basic rules of behavioral training. In the teaching, the teacher only then understands the positive behavior way, can solve in the teaching meets the practical question. In the research thinking of behavioral psychology, we assume that students exhibit a behavior we call “outcome”, and there must be an “internal” or “external stimulus condition” to promote this behavior. Causes produce results, and the relationship between results and causes, behavioral psychology studies is one of the laws. One of the most significant training in behavioral psychology is reinforcement training, which can predict the preference of vocal music training. With the development of modern education, many theories and methods of psychology have been integrated. The philosophy of “teaching by playing” has become a necessary part of educational philosophy. The positive effect of behavioral psychology on vocal music training is to let students have fun in class, to study actively,