

to accomplish their learning goal quickly and effectively in a relaxed and happy atmosphere.

Objective: The students with good mental state can overcome their tension effectively, and perform the songs according to the teacher's requirements and their own understanding of the repertoire, thus achieving satisfactory learning results. Sometimes, they can even tap into their potential and reach beyond their means. On the contrary, the students with bad psychological state have negative learning of vocal music. Therefore, from the perspective of behavioral psychology, this paper predicts the students' vocal music training preferences to ensure their good psychological state.

Subjects and methods: Behavioral psychology can effectively predict students' preference for vocal music training and help students to establish a correct view of learning. This paper investigates and analyzes the predictive behavior of vocal music learning from three aspects: interest, self-confidence and self-control. The ability of behavioral psychology to predict vocal music preference was statistically analyzed by using questionnaires.

Study design: Questionnaire about vocal music preference was distributed to 1000 students, and the questionnaire was required to be completed once for all. The time for each student to complete the questionnaire was about 15-20 minutes. A total of 1000 copies were distributed, 974 were recovered and 961 were valid.

Methods: Using Excel statistics affect vocal music preferences factors.

Results: Interest in learning is the core factor of students' enthusiasm and consciousness. "Singing is the art of expressing emotion through beautiful musical sounds. It is difficult for a vocal practitioner to get into the state of singing without strong interest in learning, let alone performing a musical composition. Students with low self-esteem and low self-confidence are most likely to have nervous learning psychology. They always doubt their own ability, easily exaggerate their tension and anxiety, in front of teachers and classmates always feel others with critical eyes to look at themselves, so in vocal music learning is often helpless, embarrassed. People's emotions are influenced and conditioned by consciousness and willpower. The cerebral cortex is the organ of controlling emotion, which can regulate the subcutaneous nerve process. That is to say, people can consciously control and regulate their emotions. Therefore, the students should try their best to control their emotional changes with their will in vocal music training.

The results of this survey use 0-4 five levels of quantitative specific factors influence value, 0 means nothing, 1 means a slight impact, 2 means a general impact, 3 means a significant impact, 4 means full impact.

Table 1. Factors affecting vocal preference.

Factor	Interest	Self-confidence	Self-control force
Vocal preference	4	3	3

Conclusions: Behavioral psychology is a complete subject, which has a positive guiding significance to vocal music training. The technical and technical ability of vocal music training directly affects the quality of vocal music externalization. Without skillful vocal music technology, even with rich imagination and unique personality, it is impossible to express it vividly and accurately through one's own interpretation. However, vocal music technology is not a purely physiological skills, it is also subject to certain psychological factors. Thus, it can be seen that vocal music training is a very complex organizational activity. However, the teaching process of skills and skills is also faced with complicated problems. Therefore, in the process of vocal music teaching, teachers should not only improve their self-cultivation, set a good example, but also actively learn from other subjects such as psychology, aesthetics to optimize their teaching methods, update their teaching methods, so as to achieve the prediction of students' vocal music training preferences, improve students' psychology in learning vocal music, and make full use of the emotional effect between teachers and students to achieve the harmonious development of teaching and learning.

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THE EFFECT OF NEW MEDIA MARKETING INTEGRATED WITH PROFESSIONAL COURSE TEACHING IN HIGHER VOCATIONAL COLLEGES ON ALLEVIATING COLLEGE STUDENTS' ANXIETY DISORDER

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Background: With the advent of the 5G era and the promotion of the “Internet Plus” program, short video, small programs, Internet red economy, sharing economy and other new Internet words emerge in endlessly, and new media penetrate people’s daily life more quickly, which leads to the formation of different degrees of anxiety. Anxiety is a neurological disorder characterized by paroxysmal or persistent tension with sympathetic hyperfunction and motor restlessness. College students are in a certain stage of physiological maturity and immaturity, facing more and more challenges in the society, the pressure of study and employment is increasing, which leads to students’ psychological obstacles. In the crowded and noisy living environment, it is easy to cause the university students to be fidgety, tired, slow, even the serious anxious condition. In interpersonal communication, whether we have a correct understanding of ourselves and others, whether there is envy, suspicion, arrogance, stubbornness and other unhealthy mental states, whether there is disrespect for others, demanding behavior, etc., will directly affect college students’ interpersonal communication. Due to the lack of communication skills, resulting in the loss of interest in communication, resulting in interpersonal occasions passive, isolated situation, which feel nervous, anxious, at a loss. Nowadays, college students are faced with the change of study mode, the increase of study task and study pressure, the severe work competition environment, and most of them are only children, with outstanding personality and poor psychological endurance. Some college students leave their parents for the first time to study in other places, and the factors such as uncomfortable life style and habits, poor handling of interpersonal relations, improper handling of love problems, and contradictions caused by living together in collective dormitories, etc., have increasingly prominent mental health problems, and the number of students suffering from depression and anxiety has increased.

Objective: Internet technology has a great impact on our economy, and the development of new media technology has promoted the improvement of our country’s marketing model. Through the integration of the curriculum, we can effectively enhance the teachers, optimize the selection of teaching materials, improve teaching methods, improve the assessment system and other optimization strategies.

Subjects and methods: New media marketing is an interdisciplinary subject, which includes not only the basic theoretical knowledge of management and marketing, but also Internet technology, copywriting, material arrangement, video recording and so on. The integration of new media marketing into the teaching of professional courses in higher vocational colleges can relieve the anxiety of college students.

Study design: Questionnaires about anxiety were distributed to 600 college students, and they were asked to complete the questionnaires at one time. Each student filled in the questionnaires for about 10 to 15 minutes. A total of 600 issued, 583 recovered, the number of effective copies of 567.

Methods: Using Excel statistics of new media marketing into professional courses in vocational colleges to alleviate the effect of anxiety disorders. The teaching of new media marketing course can urge college students to set up correct outlook on life and world. College students encounter difficulties, setbacks and other problems, not to focus on not impetuous, thus always maintain normal psychological activities. Correct learning attitude, help to increase and stimulate learning enthusiasm, maintain a strong fighting spirit, uplift the spirit. Good psychological quality depends on peacetime exercise and training, strengthen physical training, can cultivate good psychological character.

The results of this survey use 0-4 five levels of quantitative specific factors influence value, 0 means nothing, 1 means a slight impact, 2 means a general impact, 3 means a significant impact, 4 means full impact.

Table 1. Psychological anxiety relief of new media marketing to college students.

Factor	View of right and wrong	Attitude to learning	Physical exercise
University student	4	4	3

Conclusions: Anxiety is a complex emotional reaction caused by psychological conflict or frustration. It is an unpleasant emotion, usually interwoven with feelings of worry, nervousness, disappointment, restlessness, fear, anxiety, shame, etc. It ranges from being overly concerned with the present or future to feeling frightened. Moderate anxiety can enhance people’s vigilance, help people to overcome the difficulties encountered, but there is no clear cause or excessive anxiety is harmful. Current anxiety is a common psychological problem among college students. At least 30 million people under the age of 17 are suffering from a variety of emotional and behavioral disorders, according to the National Health Service. But in the university student crowd, frequently has anxious uneasy, the fear, the depressed and so on anxious sickness pathological target person, at present already surpassed university student total number 16%. New media marketing can help students establish self- confidence, improve their sense of self-efficacy and achievement level, stimulate and maintain their interest in learning, and reduce anxiety factors in learning and examination so as to meet the requirements of popular higher education.

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ANALYSIS ON THE INTERVENTION OF IDEOLOGICAL AND POLITICAL EDUCATION IN JUVENILE PSYCHOTHERAPY

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Background: Juvenile mental illness is a temporary state of mental imbalance, which is caused by physical, emotional, cognitive and behavioral abnormalities when individuals are unable to cope with major stress events. The occurrence of psychiatric diseases is often unpredictable, and urgent, and after the occurrence of a risk, not only will endanger daily life may also cause life danger, in addition to physical disease is everyone at different stages of life may be produced, so psychiatric diseases with paroxysmal, dangerous, urgent and universal four characteristics. The intervention of ideological and political education is a series of intervention measures including psychological assistance and psychological counseling after the emergence of juvenile psychiatric diseases. In terms of mechanism, the intervention of ideological and political education is to help those who have mental diseases to restore their psychological balance and to achieve normal emotional, physiological, cognitive and behavioral conditions. The intervention of ideological and political education includes not only the treatment of psychiatric diseases, but also the prevention education before psychiatric diseases and the continuous psychological assistance after mental diseases. Therefore, the intervention of ideological and political education, not only for the students suffering from juvenile mental illness, but also for all college students, this is to improve the mental health of the whole students.

Adolescents belong to a special group in society, and the activities in school and the handling of interpersonal relations tend to be complicated. Adolescents are generally aged 12-18, which is the initial period of growth in physiology, but gradually mature in psychology but not really mature. Therefore, in dealing with the pressure of school activities and complex interpersonal relationships on the relatively weak, it is easy to produce psychological conflict, resulting in psychological imbalance. In addition, the school students come from various places, poverty, family conditions, cultural customs and many other aspects are different, students' values and outlook on life will have some psychological contradictions in the exchange, resulting in psychological crisis.

Objective: College education has been the topic of social concern. In recent years, college students commit suicide frequently, and their psychological condition appears certain crisis. Therefore, the establishment of ideological and political education intervention system has become an important measure to solve the problem of juvenile psychiatric treatment, and the ideological and political education work in colleges has great significance in psychological crisis intervention.

Subjects and methods: Ideological and political education is an important measure to deal with the frequent psychological crisis of college students. It plays a guiding and educational role when students have psychological crisis. The intervention of ideological and political education can promote the treatment of juvenile psychosis.

Study design: Five hundred 12-18-year-old students were asked to complete the questionnaire about psychological crisis in one time, and the time for each student to complete the questionnaire was about 15-20 minutes. A total of 500 issued, 489 recovered, the number of effective copies of 476.

Methods: Using Excel statistics ideological and political education intervention effect.

Results: Ideological and political education work can effectively guide students' values and ensure their correct concepts of right and wrong. Ideological and political education is to educate students in moral character and political concept so that they have ideal and ambition in life and guide them to form faith and correct values. The intervention of ideological and political education can promote the healthy growth of students in their life and study. Ideological and political education is a part of higher education, which is mandatory and procedural to some extent. Therefore, we can take the ideological and political education as the breakthrough point to improve the students' health level. Ideological and political education can relieve the psychological crisis of students to a certain extent. Promote students' mental health development. The survey results, with 0 to 4 levels of specific quantitative factors influence value, 0 means nothing, 1 means a slight impact, 2 means the impact is general, 3 means the impact is obvious, 4 means full impact.

Conclusions: The intervention of ideological and political education is an effective mechanism to prevent and deal with juvenile mental diseases. When constructing the intervention system of ideological and political education, colleges and universities should take the ideological and political education work as the