

Table 1. Comparison results of experimental group and control group.

Index	Test group	Control group
Can deeply explore and analyze the deep and secret psychological state of the characters	√	×
Can analyze the influence of original ecological family on the formation of children’s psychological character	√	×
Can explore the narcissistic characteristics of women’s deep psychological space	√	√
Can explore the characteristics of self-abuse in women’s deep psychological space	√	×
Can explore the closed characteristics of women’s deep psychological space	√	×

According to the results in Table 1, the experimental group can deeply excavate the deep and secret psychological state of the characters in one’s war and the narcissistic, masochistic and closed characteristics of women’s deep psychological space, while the control group can only effectively excavate the narcissistic characteristics of women’s deep psychological space. Through the above comparison, it can be seen that the experimental group can deeply analyze the psychological characteristics contained in literary works. This is because under the influence of social psychology, readers have the acceptance effect of resonating with the works, purifying their hearts and understanding the true meaning of life due to the emotional induction of the works and their own psychological expectations. As a special spiritual phenomenon, literature contains complex psychological activities in creation and acceptance activities. Under the influence of social psychology, readers can understand the psychological connotation of literary activities and feel the psychological elements contained therein.

Conclusions: As a language art, literature is a product of the mind, which is closely related to psychology. The relationship between literature and psychology originates from the psychological factors in the process of literary creation and the psychological theories used in interpreting the text. Especially since the birth of psychoanalytic psychology, the interactive relationship between literature and psychology is more obvious, which makes the relationship between literature and psychology become a main content of interdisciplinary research of comparative literature. Taking a man’s war as an example, this paper uses the theory of social psychology to analyze the excellent works of literary works, which also reflects the profound influence of social psychology on China’s literary world from another side.

Acknowledgement: The research is supported by: Quality Engineering Project of Zhanjiang University of Science and Technology in 2020: Ideological and political construction of Modern Chinese literature course in the background of new Liberal Arts (ZLGC202050); Ideological and political education demonstration course of Brand Promotion Program of Zhanjiang University of Science and technology in 2021: Modern Chinese literature course (PPJH202117YLKC).

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NECESSITY AND INNOVATIVE STRATEGY OF PSYCHOLOGICAL PRESSURE RELIEF IN MUSIC CREATION

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Background: Music can continuously inject “nourishment” into the spirit and return a pure land to the soul. It can not only arouse people’s surging feelings in the inner world, but also restore calm to the out-of-control inner heart. Music therapy, as its name implies, is to treat music as a “drug” for systematic clinical treatment of the human body. Music therapy is to adjust people’s emotion, mentality, spirit, concept, attitude and even behavior through people’s experience activities such as listening to and appreciating music, so as to achieve psychological and physiological balance to cure diseases. Foreign primary and secondary education attach great importance to the study of music. Students in the United States, Canada, Poland and other countries introduce the auditory art of music as a way to cultivate students’ sentiment, broaden students’ vision, treat students’ psychological diseases, remove students’ psychological garbage and alleviate students’ psychological pressure “Good medicine. Chinese researchers should also focus on observing the inner world of young college students in China, understand the sources of their mental stress, study their tolerance to mental stress and how to use music therapy to alleviate and eliminate their mental

stress.

Music creation can effectively release people's emotions, show the inner pressure through words, cooperate with the music effect, effectively shake the auditory nerve of the ear, optimize people's perceptual ability, actively transmit upward spirit, and shape and strengthen themselves. "Music creation therapy is a systematic intervention process. In this process, therapists use various forms such as music experience and expressing mood to create to help the treated achieve the goal of health." The author works in colleges and universities. Through the investigation of the current situation of psychological pressure of college students in six ordinary colleges and universities, it is found that contemporary college students generally have psychological characteristics such as insufficient self-awareness, poor will quality and weak interpersonal communication. In view of the above characteristics, this paper puts forward specific solutions to college students by using music creation therapy.

Subjects and methods: The author investigated nearly 300 college students from six universities, including Shenyang Agricultural University, Liaoning University, Northeast University, Jinzhou Normal College, Liaoning University of technology and Shenyang Normal University. The purpose is to understand the current situation of College Students' psychological stress by studying the data results of the 2021 college students' psychological stress questionnaire in Liaoning Province. Among them, the effective test papers recovered by various schools are Shenyang: 48 from Shenyang Agricultural University, 46 from Liaoning University, 49 from Northeast University and 48 from Shenyang Normal University; Jinzhou City: 50 people from Jinzhou Normal College; Fuxin City: 50 people from Liaoning University of technology. Test process: 50 students were randomly selected by counselors and teachers of each school to enter the tested group, and the papers were taken back on the spot after completion.

Study design: The purpose of the questionnaire designed in this paper is to investigate the current situation of College Students' psychological pressure. The questionnaire mainly starts from three directions. The data processing method of questionnaire survey adopts the numerical value with two decimal places.

Methods of statistical analysis: This study uses the method of data comprehensive analysis to analyze the final results of the questionnaire.

Results: After calculation, the effective rate of the questionnaire is 97%, and the following problems are found: through the data of the questionnaire, we can conclude that college students feel pressure in their study and life in colleges and universities. See Table 1.

Table 1. Your sources of psychological stress questionnaire.

What are your sources of stress?	Percentage of "yes"/%	Percentage of "none"/%
Study and examination	81.82	18.18
Emotional frustration or lovelorn	68.48	31.52
Economic aspect	15.15	84.85
Employment	55.41	44.59
Other aspects	12.13	87.87

According to the results of the questionnaire, learning, examination and love are the main sources of students' psychological pressure during school.

Table 2. Most commonly used stress relief methods in school life.

Mitigation methods	Proportion of "yes"/%	Proportion of "none"/%
Travel	1.30	98.70
Go to see the films	27.27	72.73
Listen to music, write music	93.94	6.06
Go to the bar to vent	12.26	87.74
Watching movies and dramas	84.50	15.50
Other	20.38	79.62

College students basically take the way of listening to music or writing music creation to relieve psychological pressure. It can be seen that college students listen to music. It can be seen that it is a common phenomenon for college students to relax or soothe their hearts and relieve pressure by listening to music. Enjoying music and creating music can save money. At present, it has become an indispensable "spiritual relaxation" necessity in college students' campus life.

Table 3 shows the music styles and music elements selected by college students to relieve psychological pressure. The survey on this problem shows that college students pay attention to choosing passionate and

dynamic music, inspirational music with positive lyrics, music with gentle and gentle style, and music with bright and beautiful main melody; Do not pay attention to whether the accompaniment of music works is unique, whether the harmony is rich and whether the rhythm is very clear.

Table 3. Music style and music elements you choose to relieve psychological pressure.

Style of music	Proportion of "attention"/%	Proportion of "not paying attention"/%
Passionate and dynamic music	90.06	9.94
Tender and gentle music	85.67	14.33
Curiosity hunting, college music	75.01	24.99
Soul stirring sad music	73.22	26.78
Inspirational music with positive lyrics	90.19	9.81
The main melody is bright and beautiful	85.58	14.42
Unique accompaniment and rich harmony	32.19	67.81
Pay attention to whether the rhythm of music is clear	35.28	64.72

Conclusions: On the whole, the necessity of psychological pressure relief in music creation is reflected in the questionnaire. After the analysis of the questionnaire, the relevant innovative strategies are as follows: (1) promote good feelings and form a confident personality. Among all kinds of art, music, which has the closest relationship with human psychology, can not only arouse the surging feeling of people's inner world, but also restore the calm of out-of-control content. Through music creation, we can control people's mood, directly increase the vitality of people's inner world, express our feelings, and express the memories and other experiences in our mind, help self-affirmation, form self-confident personality and activate the spiritual world. (2) Eliminate inertia and reshape positive self. Through the creation and appreciation of beautiful music, we can "recharge" our spirit. And the perseverance and pursuit of perfection transmitted in music. Let them find themselves refreshed in their favorite music and reshape their positive self. (3) Increase interpersonal communication and strengthen self-expression. Music can obviously alleviate the tension and anxiety, help people relax, self-timely in creation, trigger a common language of feelings and thoughts, enhance self-expression and self-affirmation, and make them experience a feeling of resurrection and rebirth.

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THE INNOVATION OF HIGHER EDUCATION MANAGEMENT SYSTEM FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: The opinions on Further Strengthening and improving college students' Ideological and Political Education issued by the CPC Central Committee and the State Council pointed out: "We should pay attention to mental health education. According to the characteristics of College Students' physical and mental development and the law of education, we should pay attention to cultivating college students' good psychological quality and the fine character of self-esteem, self-love, self-discipline and self-improvement, and enhance their ability to overcome difficulties, withstand tests and withstand setbacks." Therefore, colleges and universities should strengthen the exploration and research of College Students' mental health education management system, so as to promote the all-round development of College Students' quality.

"Stones from other mountains can attack jade" At present, the United States, Japan, Britain and other countries have formed a relatively complete mental health education system and have highly professional personnel, which have been incorporated into school education. The development of mental health education in China is in the ascendant, and experts and scholars have explored new ways and methods of College Students' mental health education from different angles. China should learn from foreign advanced experience, explore a mental health education management system suitable for China's national conditions and in line with the characteristics of college students, so as to realize the development from psychological medical treatment system to psychological education management system, that is, the educational object