

Among the students who dare not express themselves in English, 62.4% answer because they are worried about pronunciation and expression errors. They are afraid of being laughed at by others for pronunciation and expression errors, which leads to low evaluation by other students and teachers. Therefore, they feel nervous and anxious when facing English teachers and the whole class speaking English. It is found that students' oral English level is uneven. Some students speak English with a strong local accent, which affects their enthusiasm and initiative to speak English boldly. The survey results show that 86% of students say that if they find themselves worse than others when compared with their classmates, they will lack self-confidence and produce anxiety. On the contrary, when you find that your language expression ability increases, the degree of anxiety will decrease.

Table 1. Statistics on the causes of students' anxiety in oral English learning

Reason	Shyness and fear of mistakes	Cultural difference	Language environment
Number of people (proportion/%)	167(83.27)	154(77.21)	185(92.32)

Conclusions: College oral English teaching should pay attention to the negative impact of language anxiety on students' oral communication. Teachers should take positive measures to eliminate their psychological obstacles in time. In the teaching process, teachers should pay attention to students' individual differences and emotional factors, communicate with students more, pay attention to updating the teaching mode, changing teachers' role, creating a good language environment, enhancing students' self-confidence in speaking English, eliminating language learning anxiety to the greatest extent, so that students can be in a relaxed and pleasant real language learning environment, relax physically and mentally and learn effectively.

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THE EFFECT OF YAJI MUSIC ON THE RELEASE OF EMOTIONAL STRESS

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Background: The so-called "elegant gathering" simply refers to the gathering of ancient literati and refined scholars for recreational activities related to Literature and art. Those beautiful things often get a high-density and dramatic presentation in such elegant collections. Anxiety is considered to be a stress response to biology in the face of danger. Anxiety is a complex emotional state, which shows various forms, such as fear, uneasiness, uneasiness and so on. In most cases, under the pressure of pressure, it will bring people a sense of incompleteness and insecurity. It is people's dissatisfaction with the current situation, confusion about the future and a sense of out of control of self-consciousness and external conditions. Anxiety is an innate emotion. Moderate anxiety can help us deal with emergencies. However, because anxiety is an emotional state with negative emotional factors, excessive anxiety will become an obstacle to personal behavior. Long term anxiety will affect our mental health. From the perspective of psychoanalysis, anxiety caused by emotional stress is a discomfort in a decentralized state. These depressed negative emotions will seriously affect people's quality of life and can cause a variety of physical diseases, such as physical performance, psychomotor anxiety and pathological anxiety. People with severe anxiety will also feel some kind of disaster and even a sense of near death. These people with anxiety are often accompanied by depressive symptoms, long-term depression, pleasure and lack of interest. And emotional instability, irritable, often quarrel with people, dissatisfied with anything. These problems have seriously affected people's daily life and reduced people's living standards. Therefore, it is urgent to reduce and ease people's negative emotions of anxiety. Whether we can use the music therapy technology of Yaji music circle to alleviate people's anxiety and negative emotions needs further research.

Objective: In the intervention of music group activities, people's thinking and psychology have changed a lot, and the pressure accumulated in their hearts has been released, making them feel that life is better. This has played a positive role in promoting the future development, so that they can better release their inner pressure in the future.

Subjects and methods: Fifty social groups of different ages, genders and occupations were randomly selected. Through the investigation of these 50 researchers and experimenters, this paper analyzes their problems in psychological pressure, emotional expression and interpersonal communication, so as to carry out music group activities. Music group activities are generally held once a week at the beginning, and then

once every two weeks according to the situation. The opening of music group activities should take cheerful music as the background music, so that each participant can quickly integrate into a strange environment, and the participants do not know each other. Through cheerful songs, they can better open their hearts and communicate with others, so as to release the pressure in their hearts. When the participants are familiar with each other, the next activity will focus on group activities, but corresponding changes will be made according to the situation. Therefore, generally, some music suitable for group dance will be played to enable the participants to release their own pressure in the form of dance, and further enhance the communication between the participants, so as to create a joy environment suitable for communication, so that participants can share joy with others. When this part of the content is completed, the last part of the activity will be carried out, allowing participants to combine freely and play some music with lively melody at the same time, so that participants can open their own ideas in listening to the music, so as to put forward some opinions or suggestions to their team, which plays a great role in mobilizing the enthusiasm of each participant, moreover, it can enable participants to fully express their inner thoughts, so that the person in charge can understand their inner feelings and formulate an activity plan more suitable for participants based on understanding. After the intervention of music group activities, the participants will have a great improvement. After the activity, we investigated the participants' influence in this activity through questionnaire from three aspects: communication, stress relief and emotion.

Results: For the test results, four grades 1-4 are used to quantify the influence value of specific factors. 1 means irrelevant, 2 means ordinary, 3 means great and 4 means deeply affected. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation value of 100 participants is taken as the average and the results are rounded. The specific statistical table is shown in Table 1.

Table 1. Influence degree of Yaji music participants

Group	Communication	Pressure relief	Emotional aspect
Participant	4	4	4

Conclusions: Yaji music group activity intervention is a collective intervention, which is different from other psychological intervention, and this intervention method can more effectively improve people's psychological problems. The intervention effect of music group activities on people's emotional release is more obvious, and this intervention method is more acceptable, so that people can not only improve, but also improve their language expression ability by continuously participating in intervention activities. Some music group activities can be carried out in schools to promote people's communication, so that people can release their pressure in music activities, which is very helpful for everyone's future development.

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THE INFLUENCE OF SOCIAL WORKER INCENTIVES ON THE COMPETENCE OF COMMUNICATION-IMPAIRED SOCIAL WORKERS

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Background: As a kind of helping activity, social work has a history of nearly one hundred years. It has been developed to meet the needs of modern industrial society. It gradually developed from a scattered, non-professional charity activities into a systematic and scientific social relief services, until the later specialization and professionalization of social work. The social work in the developed countries of Europe and America has developed early, matured and perfected day by day, which provides valuable experience for the specialization and professionalization of social work in our country and provides a good reference for the development and expansion of social work in the current transitional period. Incentives for social workers are no more than the ultimate objectives: First, to fully mobilize the enthusiasm and creativity of social workers and promote the development of social work. Second, to reduce the loss of social work talents, attract more talents to participate in social work, respect and stabilize the existing social work talents, and continuously expand the social work talent team.