

strong infectivity. According to the intensity, speed and duration of emotion, this study investigates and analyzes it from three aspects: mood, enthusiasm and passion.

Study design: 300 social masses were randomly selected for investigation. They were under the age of 70, regardless of gender and occupation. Questionnaires were distributed to 300 people. The contents of the questionnaire were mainly multiple-choice questions, supplemented by question-and-answer questions. The questionnaire was required to be completed at one time. The time for each person to fill in the questionnaire was 25-30 min. A total of 300 questionnaires were distributed, 285 were recovered and 267 were valid. If the answer options of multiple-choice questions in the test paper are all one option, it will be regarded as an invalid test paper.

Methods: Excel is used to calculate the effect of county cultural tourism industry in Liangshan ethnic area on relieving tourists' mental and emotional pressure.

Results: Liangshan has outstanding advantages in cultural tourism resources, has a long history of cultural tourism resources, and has unique natural tourism resources. Natural tourism resources cover four groups and 10 types, including lithosphere, hydrosphere, biosphere and atmosphere. There are more than 160 representative scenic spots, with a large number of natural tourism resources, complete types, wide distribution and high grade.

In this survey, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight effect, 2 means average effect, 3 means obvious effect and 4 means significant effect. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation value of 300 people is adopted and the average is taken to obtain the result rounded, the specific statistical table is shown in Table 1.

Table 1. Effect of county cultural tourism industry in Liangshan ethnic area on relieving tourists' mental and emotional pressure

Factor	Mood	Enthusiasm	Passion
Masses	4	3	4

Conclusions: In the 21st century, the cultural tourism industry with regional characteristics of ethnic minorities in China's ethnic autonomous regions has grown rapidly and become the pillar industry of economic development in ethnic areas. The charm of the county cultural tour in Liangshan ethnic areas lies in culture, advantage in ecology and potential in resources. Relying on cultural heritage, ecological advantages and tourism resources, the tour in Liangshan can not only bring tourists a lifetime unforgettable pleasant trip, but also lead tourists to nature and cultivate their sentiment. While traveling, tourists increase their knowledge and enrich their soul, and tourists will improve themselves, broaden their horizons and have a bright mind. What you see and hear will make your ignorant soul become intellectual and open-minded, so as to release the pressure and relieve the mood of tourists.

Acknowledgement: The research is supported by: Project of Research Center of Cultural Industry Development of key research base of social science in Sichuan Province "Study on the rural revitalization and development of Liangshan Prefecture assisted by cultural and tourism industry" (No. WHCY2020B19). Project of Key humanities and Social Science Base of Sichuan Education Department "Problems and research countermeasures in the process of tourism targeted poverty alleviation" (No. LYC18-26).

* * * * *

EFFECT OF MASS ENTREPRENEURSHIP AND INNOVATION EDUCATION ON ALLEVIATING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

Jinlan Hu¹, Huiming Deng² & Meili Lai³

¹*Innovation and Entrepreneurship Center, Quanzhou Preschool Education College, Quanzhou 362000, China*

²*School of Education and the Arts, Ningde Normal University, Ningde 352100, China*

³*School of Marxism, Jimei University, Xiamen 361021, China*

Background: Mass entrepreneurship and innovation is a major strategy put forward by the state based on the needs of transformation and development and domestic innovation potential. It aims to optimize innovation, stimulate the infinite wisdom and creativity hidden among the people, give those who are capable and want to start a business and innovate opportunities to display their talents, and realize self-reliance by entrepreneurship and brilliance by innovation. Entrepreneurship and innovation education refers to innovation and entrepreneurship education. Nowadays, under the background of "mass entrepreneurship and

innovation”, entrepreneurship and innovation education has become an important starting point to improve college students’ innovation ability and employability. It is also a powerful supplement to professional education and can solve the bottleneck of high skilled talent training in colleges and universities. China’s modernization level is constantly improving and has entered a new development stage. While the country advocates “mass entrepreneurship and innovation”, college students, as the main force involved in mass entrepreneurship and innovation, also shoulder important responsibilities and missions. Based on the current situation of college students’ employment and entrepreneurship under the background of mass entrepreneurship and innovation. At present, with the attention and support of the national government and all sectors of society, college students’ employment and entrepreneurship also have a new environment, which brings many opportunities and challenges to college students. Objectively speaking, college students’ employment and entrepreneurship is not only related to personal position positioning and career planning and development, but also has an important impact on their own family and even the whole society. With the continuous expansion of the enrollment scale of China’s colleges and universities, the overall quality and cultural level of the population have been comprehensively improved, and the impact of college students’ employment and entrepreneurship ability and composition on the society is also increasing. At present, it is easier to enter the university than before, but it is more difficult for today’s college students to find a job after graduation. Due to the increasingly fierce employment competition of college students and the influence of high expectations of college students, the symptoms of college students’ employment anxiety are obvious. The main symptoms are unstable emotional state, often anxiety, fear, chagrin and restlessness. Therefore, it is of great significance for the implementation of innovation driven strategy and the improvement of entrepreneurship quality to strengthen entrepreneurship and innovation education and cultivate highly professional entrepreneurship and innovation teachers in colleges and universities.

Objective: In recent years, China has adopted the method of economic growth slowdown to reduce the problems brought by rapid development, but at the same time, it has also led to significant changes in the employment environment. On the one hand, with the economic growth slowdown, there is a large shortage of jobs, resulting in the continuous increase of the number of people waiting for employment, and many enterprises have the problem of labor surplus, which not only reduces the employment treatment, in this way, college students may have to bear more risks and pressure when choosing employment and entrepreneurship.

Subjects and methods: With the continuous development of the times, the scale and quality of China’s higher education have improved. At present, the number of college graduates in China also shows the characteristics of rapid growth, resulting in the continuous increase of employment pressure of college students, and even showing a certain inverted pyramid in employment, that is, enterprises can’t recruit suitable employees, on the one hand, college students can’t find a suitable job. This is because they have the problem of “aiming high”. They hope to find a job with “high income, low work pressure and stability” as soon as they graduate, while enterprises hope to find pragmatic, progressive and responsible personnel. More importantly, they have a compound educational background and strong practical work ability, this will obviously lead to many college students unable to meet the objective requirements of enterprises.

Study design: 1000 college students were randomly selected and investigated by issuing questionnaires. A total of 1000 questionnaires were distributed, 952 were recovered, and the number of valid copies was 926.

Methods: Excel was used to calculate the effect of entrepreneurship and innovation education on alleviating college students’ employment anxiety symptoms.

Results: In this survey, the influence values of specific factors are quantified in five grades from 1 to 5. 1 means irrelevant, 2 means slight influence, 3 means general influence, 4 means obvious influence and 5 means full influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 1000 college students are taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

Table 1. Effect of entrepreneurship and innovation education on alleviating employment anxiety symptoms of college students

Factor	Ability innovation	Spiritual innovation	Action innovation
College student	4	4	5

Conclusions: In recent years, colleges and universities began to pay attention to entrepreneurship and innovation education. As a new field, entrepreneurship and innovation education is one of the indispensable courses for college students’ employment and entrepreneurship. Innovation and entrepreneurship education in colleges and universities needs to meet the talent needs driven by national strategy and regional economic development, take comprehensively improving students’ innovation and entrepreneurship quality as the core

concept, actively explore new modes and effective ways to practice innovation and entrepreneurship education, deepen the reform and construction of professional education, and build innovation and entrepreneurship theoretical education, practical training. The innovation and entrepreneurship education ecosystem with guidance services as the main content has formed a talent training pattern that strives to give everyone a chance to shine in life. In the process of entrepreneurship and innovation practice education, it has realized the integration of thematic education such as vocational outlook education and employment education with entrepreneurship and innovation education, expanded the quality education platform with higher vocational characteristics, met the needs of the times for talent innovation quality, played a positive guiding role in students' innovation practice, ignited students' innovation consciousness, cultivated students' innovation spirit training students' innovative ability, encouraging students' innovative action, improving students' innovative quality and promoting students' all-round development have achieved remarkable results, so as to alleviate the symptoms of college students' employment anxiety.

* * * * *

THE PERFORMANCE AND SOLUTION STRATEGIES OF ANXIETY DISORDER IN MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES

Ping Li

School of Music, Xinyang University, Xinyang 464000, China

Background: Anxiety refers to the frustration of self-esteem and self-confidence, or the increase of sense of failure and guilt due to people's inability to achieve goals or overcome the threat of obstacles, forming an emotional state of tension and fear. Because only experienced people can directly evaluate the intensity of anxiety state, researchers must have an indirect way to evaluate his phenomenon and physiological characteristics. Competition in various fields has become a current social phenomenon. People are under increasing psychological pressure, especially the mental health problems of college students are on the rise, and the social psychology of anxiety is particularly prominent. How to reduce or eliminate the level of anxiety has been related to the physical and mental health of college students. Anxiety disorder in music learning is mainly the emotional disorder produced by students in the process of learning music. If they fail to make adjustment in time, students' self-esteem and self-confidence will be affected, and their sense of guilt will increase sharply. In the long run, there will be a nervous and even fear of learning, which will also bring great obstacles to our later music learning. Learning anxiety has a significant negative effect on music learning. The survey found that in music learning activities, students with anxiety rarely take the initiative to answer questions, have low participation in classroom learning activities, and even avoid learning. Generally speaking, there are three main manifestations of music learning anxiety: First, communication fear. It is mainly manifested in the fear of facing each other, panic, blushing and excessive prudence. The second is congenital absence of musical cells and pentatonic insufficiency. Whenever you practice alone, you will be worried and nervous. The third is negative evaluation fear. Students with such anxiety often don't like to open their mouth, are afraid of singing wrong, and consciously avoid answering questions.

Objective: Paying attention to the understanding and application of knowledge, changing learning concepts in time, and learning to summarize and summarize can effectively improve the level of music. In addition, language learning is not a day's work. It is a relatively slow learning process, which is an important reason why we are prone to anxiety. This is precisely because the students have no clear and specific goals. Over time, they lose the motivation of self-discipline. Because people are equal, and no one is perfect. The lack of music may have a lot of room for development in other arts. In order to alleviate the performance of anxiety students in music education in colleges and universities, we must fundamentally study their psychology, know what they think and fear, and enlighten and help them.

Subjects and methods: 80 students with anxiety disorder in a school were selected as the research object. The subjects were randomly divided into 40 in the experimental group and 40 in the control group. Except for demographic variables, there was no significant difference in emotion regulation ability, executive function, emotion and anxiety at baseline. Before the test, inform the experimenter of the test content and purpose, remind them of the right to withdraw freely at any time, and start the test after signing the informed consent.

Study design: The experimental group conducted music education and teaching methods under the application of psychological knowledge, conducted sufficient interaction and communication with students, and conducted teaching according to students' psychological needs. 3-4 times a week for 30 minutes. During this period, there are professional teachers for guidance. The control group was taught in the traditional