

enterprise cooperative education model, constantly strengthen the construction of business English major, so that schools and enterprises can fully show their role, so that enterprises can provide students with relevant practical opportunities in the process of growth and development, So that they can use their learned knowledge in a real cross-border E-commerce environment to find out the differences and continuously improve their knowledge system and development ability. Establish a scientific and standardized school enterprise cooperation platform to help students cultivate their practical ability of business English in addition, on the road of reform in higher vocational colleges, the professional ability of teachers also has a very key promotion effect. Therefore, improving the practical ability of business English teachers has become a very key part. Enterprises can provide relevant practice platforms and funds, so that teachers can grasp the new E-commerce foreign trade processing process in the process of practice. In this way, teachers can use their rich experience in teaching to guide students' practical learning.

Finally, build a positive teaching atmosphere and learning environment. When teaching cross-border E-commerce professional English in higher vocational colleges, teachers' actions and facial expressions have a far-reaching impact on students' emotions. Therefore, teachers need to strengthen the communication with students and build a positive and healthy learning environment, so as to effectively strengthen the enthusiasm of higher vocational students to learn English. Because higher vocational students still have some problems in self-discipline and lack of concentration. Therefore, teachers need to use a positive attitude to guide and strengthen students' learning enthusiasm, to improve the English teaching ability of students majoring in cross-border E-commerce in higher vocational colleges. For example, teachers can find materials related to psychology in network resources and select the corresponding English teaching content according to the actual situation, which can not only ensure the richness of English content, but also effectively mobilize students' enthusiasm for learning English, to strengthen the comprehensive ability of students majoring in cross-border E-commerce in Higher Vocational colleges.

**Conclusions:** In the cross-border E-commerce professional English Teaching in Higher Vocational Colleges from the perspective of positive psychology, teachers need to combine the psychological factors that easily hinder students from entering the active learning state in the cross-border E-commerce English Teaching in higher vocational colleges, so as to enable students to achieve better development, cultivate students' positive personality quality, continuously optimize the environmental support system and help students grow in an all-round way, promote the improvement of students' practical English ability. To gradually improve students' academic performance, teachers must be patient with students, constantly enhance students' learning confidence, and promote the overall improvement of cross-border E-commerce professional English Teaching in higher vocational colleges.

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## THE AESTHETIC EDUCATION FUNCTION OF MUSIC AND ITS VALUE OF PSYCHOTHERAPY

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**Background:** Music is the art of emotion, it can express people's thoughts and emotions through various musical elements, people in the beauty of music has been edified and infected, so as to purify and sublimate the emotional world. The process of appreciating music is also a self-emotional experience, and also a process of mutual integration and outburst of the feelings of the audience and music, so as to generate resonance. Therefore, music for cultivating people's noble sentiment, edify and purify people's mind, has irreplaceable, at the same time, the beauty of music on people's mind, but also has a "good medicine" like the magical effect, for the treatment of psychological disease is also a great prospect.

**Objective:** The function of music aesthetic education. Music has unique emotion, skill and image. We can call it "aesthetic education" to feel music's cultivation of emotion, inspiration of soul and edification of beauty in the process of music education. Cultivate aesthetic consciousness, so that people can receive beautiful things imperceptibly, discover beauty through music feeling, and thus create beauty in life. The function of music aesthetic education is mainly embodied in purifying the mind, cultivating sentiment, infiltrating art, cultivating aesthetic feeling, adjusting function, balancing body and mind.

(1) Purify the mind and cultivate sentiment. Music is the most emotionally rich art. It is not only an auditory art, but also an expressive art. Scientific studies have shown that songs with different rhythms, melodies, timbre, pitch and speed can produce different emotions, resulting in different emotional and

organic effects. For example, cheerful and strong music can bring happiness and excitement, and strengthen muscle stretching. The soft and soothing music brings people a feeling of peace and harmony, can make people breathe gently, with a sedative effect. Beautiful melody can let people feel the good breath of life, let people feel relaxed and happy mood. Let people immersed in sadness to give a warm and beautiful hope, so that people's ideological realm to get a higher level of sublimation.

(2) Infiltrate art, cultivate aesthetic feeling. Music art is the product of people's language, thought, ballad, interest, custom, is closely related to our life art. The aesthetic feeling of music and the field of music art are the products of people expressing their feelings. It emphasizes the social role of music and holds that music can reflect people's thoughts and feelings and express their inner feelings. The beauty of music melody also has their own different styles, magnificent beauty, tragedy beauty, joy beauty, praise of the United States and so on. The beauty of these different melodies and styles also brings different artistic enjoyment to people. For example, the symphonic music "Butterfly Lovers" adopts the expression techniques of symphonic music and Chinese folk opera music to describe the delicate love story, marriage resistance, and the magnificent emotion and artistic concept of butterfly transformation between Zhu Yingtai and Liang Shanbo. All of these are derived from the elements of love in people's life, so as to obtain the magnificent aesthetic feeling from the collision of love and art.

(3) Regulate function, balance body and mind. Music has a therapeutic effect on the body and mind. Studies have shown that people's blood pressure slows down when they hear certain rhythms and melodies, their breathing rate and basic metabolism slow down. Music can promote the brain nerve center of the reasonable operation, can cause the excitement of the cerebral cortex, can secrete a kind of healthy favorable materials such as enzymes, hormones, acetylcholine, the excitement of nerve cells and blood flow regulating effect, can let pulse, blood pressure, metabolism, breathing, the secretion of digestive juice, coordinate with each other. For this reason, the history of medicine is full of examples of music used in clinical therapy. In Australia, for example, "music therapists" work with government permission to treat children with paralysis, stuttering, deafness and mental retardation, with remarkable results. In addition, people in the process of music appreciation, let the melody of music, tone, rhythm and so on adjust the viscera body and mood, improve qi and blood operation, and play a role of excitement, adjust heart rhythm, sedation, analgesia, blood pressure regulation, promote digestive function.

**Subjects and methods:** Explore the value of using aesthetic education function in psychotherapy.

(1) The effect of emotional feeling of music hearing on human physiological mechanism. The energy of music can promote people's emotional development, and people's physiological state is related to emotional changes. For example, when people shout slogans, it can relieve a bit of fatigue. When the bugle sounds, the mood of the soldiers can achieve an exciting effect, making each other's hearts more united. Gentle music, on the other hand, makes people behave gracefully, relax their emotions, coordinate their bodily functions and slow down their movements. On the contrary, in the music with strong sense of rhythm, the organs of the human body are also mobilized, so that people's emotions become passionate and powerful, and the various parts of the body are also dancing. In medicine, the spleen is able to digest and absorb food, and the absorbed food energy to each organ, is also an important source of energy in our body. For the current way of life, we can commonly see people who overeat, so that the spleen and stomach bear a heavy burden, resulting in abdominal distension and indigestion. So, in music therapy, you can choose the quiet style of the palace debugging music, can adjust the function of the spleen and stomach, promote the smooth human qi.

(2) The adjustment of people's thinking mode by synesthetic imagination of music aesthetics. There are two indispensable ways in music aesthetics: association and perception. Human psychological activities can be divided into three kinds: knowledge, emotion and meaning. Knowledge is a process of knowledge, which can be divided into feeling, perception, memory, imagination and thinking. Emotion refers to the activity of emotion, meaning the presentation of will. In perception, the most important feature is the ability to distinguish background and object, and the sense of space and time that can be generated. These characteristics can be fully used in music. For example, when people are listening to a concert, there are some other sounds to interfere with it, voices, noises, but we can always tell what is music and what is background sound. Perception is also related to habits. The richer people's experience, the more developed their perception ability is, so they can form an aesthetic habit. In the aesthetic of music, association is also very important, and association is divided into two kinds, one is free association, the other is directed association, free association is where I think, and directed association is imagination in accordance with the direction of music title provided by the composer. Imagination, though creative, is well-founded. Although imagination may extend beyond the boundaries of our own lives, it is ultimately rooted in our daily lives. Music aesthetic of synesthesia on people's way of thinking will have different change, thinking we usually divided into two kinds, one kind is abstract thinking, also known as logical thinking, it has the characteristics of generality, indirect and transcendency, is based on the analysis of characteristics of things when extracting the most essential things to form a concept, use of concepts and reasoning and judgement of

thinking activity. However, image thinking is a more perceptual way of thinking, as long as the use of intuitive image representation, and solve the problem of thinking.

(3) The emotional expression of music language resonates with people's hearts. Some people think that music is the language of the world, and indeed the language of music has a common pattern in many works. Music appreciation is an aesthetic process. When people encounter the same experience and environment in real life, they will inevitably have the same interests and hobbies. Therefore, the same characteristics will be triggered in the process of music appreciation. For example, in many of Beethoven's works, people will be shocked by the power of his work to express. It can be seen that the language of music not only has the commonalities that people of the same experience can perceive, but also has an international language that inspires people around the world to resonate with psychological activities. Music is not confined to adult can touch feelings, for newborn baby, the world everything is unknown, but when he heard the music, it will produce psychological activity, he could not speak, but he can use a mood to listen to the cheerful music, will begin to dance, listen to sad music, will also was moved to cry, the language of music can be expressed in lyrics and poetry, or in simple melodic tones. When people who have not systematically learned music listen to music, they can perceive the ups and downs and flow changes of music and start to have psychological activities. People who have similar experiences and similar environments will have resonance of music.

**Results:** The case list in practice. (1) The spiritual impact of music aesthetic memory on patients with cerebral palsy.

Cerebral palsy is a common clinical symptom, refers to the patient after from birth to the birth of a number of progressive brain injury, patients may appear central dyskinesia, posture, the symptom such as abnormal, can be characterized by mental decline, the language barrier, epilepsy and other complications, which can influence the patient's growth and development, which are the symptoms of common mental retardation. Research reports have shown that the rhythm and melody of music, as well as music for children with cerebral palsy have a certain appeal. Music therapy for cerebral palsy patients for auxiliary treatment, and improve the rehabilitation of patients, improve the cognitive function of patients. First turn on the cerebral palsy patients were divided into two groups, one group as the experimental group, the experimental group of children given music therapy at the same time, apply to accept music, improvisation music involved in the patient's rehabilitation, patients with induced a series of actions (up, roll over, sit, climbing, etc.), combined with the music rhythm, melody, let patients improved action control ability and the coordinated ability, At the same time, impromptu music was used to encourage and praise children. The other group was the control group, which received routine rehabilitation therapy, including physical therapy, occupational therapy, and speech therapy. The abnormal posture, abnormal posture reflex and abnormal movement pattern were inhibited by inhibitory manipulation, and the patients were improved by cervical upright, sitting upright, standing upright, static balance and dynamic balance by means of promoting passage. The body reflexive movement of patients was carried out by The German Wert method to improve the body's motor development. The children were induced by reflexive turning over and reflexive abdominal climbing. Two groups of patients with continuous observation for 3 months, and with the method of statistical results, and abstract, said the current rehabilitation therapy for cerebral palsy is more, to make a full recovery to the specific solutions: not yet, there is still a certain potential, especially in patients, music has a strong interest and ability of patients. The aesthetic memory in music, including rhythm, melody and melody, has a certain ability to infect, which is consistent with children's lively and active characteristics. Therefore, compared with other subjects, children's ability to accept music will be stronger. The rhythm and tone of music can effectively stimulate and inhibit brain cells through auditory nerve, and the therapeutic effect of music has been widely recognized, so it can be concluded that aesthetic memory of music has therapeutic effect of rehabilitation function for patients.

(2) The emotional expression of music style for mental patients. Mental patient refers to the brain disorder caused by other harmful factors, specific performance for sensory perception, thinking, attention, memory, emotion, behavior and will intelligence as well as consciousness and other aspects of different degrees of obstacles. In music therapy, different music styles bring different feelings to patients. Wang Fengjiao, Wang shuo in *Qiqihar medical journal* published an article about the practice of music therapy was applied to observe clinical curative effect of depression research report, this report research shows that music therapy can improve the effect of treatment of depression, in the process of practice, they choose the music style of genre of music treatments for joy, excitement, lively style is given priority to, and after grouping and contrast the conclusion of practice. First, they randomly divided depression patients into two groups. One group was a music therapy group, in which music therapy methods were used: targeted singing, playing, appreciating, learning certain kinds of Musical Instruments, and communicating with the treatment staff to achieve results. The therapeutic repertoire should mainly choose the kinds of passion, excitement, liveliness and joy. Soft and beautiful music. Patients mainly through the emotions generated after appreciation, with changes and a variety of associative activities to achieve the goal of treatment. A

control group received no music therapy, just regular treatment with antidepressants. USES statistical analysis to the results, the abstract of the research shows that music therapy can improve the patient's depressed mood, strengthen the subjective will activities, arouse the enthusiasm of patients, stimulate the patient's mood, enhance the patient's confidence, increase the ability of patients with stress, and the experiment, for music tracks, is lively and lively style, In conclusion, the change of psychological state may be the basis of music therapy for psychological diseases.

**Conclusions:** Listening to music is not only a process of art appreciation, also is a best medicine treatment of people's mind world, this article from the perspective of the value of music and music aesthetic education to think about for the treatment of music analysis, from the direction of the music aesthetic education function to explain music bring mental and physical changes of people's life, and reach the adjustment function, the role of the balance of body and mind. It explains the changes of human body function brought by music auditory feeling, the changes of thinking mode brought by music aesthetic synesthesia, and the resonance experience brought by emotional expression of music language to human psychological activities. It is concluded that different styles of music can arouse patients' positive attitude, stimulate their different emotions, enhance their self-confidence and improve their stress ability.

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## ON THE COMPLEMENTARY PATH BETWEEN CHINESE TEACHING AND MENTAL HEALTH EDUCATION IN HIGHER VOCATIONAL COLLEGES

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**Background:** College students are at-risk populations of mental health problems and risky sexual behaviors, teaching and educating people is an important responsibility of teachers. Qualified Chinese teachers in higher vocational colleges also need to pay attention to students' psychological problems and guide students correctly. With the development of science and technology and economic progress, social competition is more intense. At present, we are always facing the problem of people's mental health. For higher vocational students, students' mental health education should also become an important task in vocational education, which requires vocational education staff to pay more attention to it. Chinese teaching in higher vocational colleges has special characteristics, which will more easily affect students' psychology, which requires the infiltration of mental health education in Chinese teaching in higher vocational colleges, which meets the actual requirements of curriculum teaching in higher vocational colleges, we should focus on the association between mental health problems and risky sexual behaviors.

**Objective:** This paper focuses on analyzing the relationship between Chinese teaching and mental health in higher vocational colleges, clarifying the importance of students' mental health.

**Subjects and methods:** The methods of literature collection and practical research, clarifying the combination of teaching and educating people in Chinese teaching. At present, a few teachers include mental health education in the curriculum teaching objectives, which is easy to ignore the students' mental health education in the curriculum teaching. The mental health education objectives are the same as the knowledge objectives and ideological education objectives, which belong to the important contents of the educational objectives. Some educational contents also contain mental health factors, which are randomly infiltrated in the teaching, paying attention to Chinese teaching in higher vocational colleges is the service content needed to cultivate secondary technical talents. Play a more active role in promoting relevant health education, focusing on helping teenagers develop positive self-esteem.

When the Chinese teaching in higher vocational colleges is carried out, it infiltrates the content of mental health education and transmits the Chinese knowledge containing positive and healthy content for students, so that students can learn the great spirit involved in the Chinese curriculum content and promote students to receive subtle education. According to the analysis and explanation of the Chinese curriculum content according to education, help students have a deeper understanding of the great figures and great historical events in the Chinese curriculum, promote students to get spiritual washing on the basis of learning more literary knowledge, guide students to correctly understand themselves, develop a down-to-earth and enterprising character and get better development.

When higher vocational college students' study, there is a problem that their learning foundation is relatively weak. They are prone to laborious problems in the process of learning the knowledge content of Chinese curriculum, and the personalized differences of students are also obvious. Some students also have