

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

a prominent inferiority complex when learning, which has an adverse impact on the development of students. Therefore, Chinese teachers in higher vocational colleges need to recognize this feature, actively apply the hierarchical teaching model, provide equal learning opportunities for class students, play a positive role in promoting students' development, and enable students at all levels to get a greater degree of development and progress. Conduct classroom questioning, discussion and exchange activities for some students with good foundation, so as to make the communication between students at different levels more in-depth, continuously tap the potential of students with good grades, and appropriately reduce the difficulty of problems for some students with relatively weak foundation, so as to make students have a sense of harvest and improve the enthusiasm of this part of students to participate in classroom learning, Help students realize the fun of hard work.

Composition teaching is an important way for Chinese teachers to help students understand their own thoughts and emotions. Some higher vocational college students usually have fear when learning Chinese content, and will be more depressed when facing writing requirements. When Chinese teachers in Higher Vocational Colleges assign compositions, we should also pay attention to the combination with the actual learning needs of higher vocational college students, and help students have something to say. This also needs to pay attention to the understanding of students' composition topics, and strengthen the effect of students' composition evaluation, so that students can more accurately understand the main idea of the article before writing, arrange the structure of the composition, and make students divergent thinking on the basis of group discussion. Teachers can also give appropriate guidance to students during patrol inspection. In addition, when explaining the composition, Chinese teachers can use the way of group discussion to pay attention to the more interesting content in life in most cases, so as to make students actively feel the life content, apply the life materials to the process of composition writing, and improve students' writing enthusiasm to a greater extent.

Colorful campus activities provide more opportunities for the cultivation of students' writing ability, fully alleviate students' tension in learning, help students actively participate in the process of Chinese learning, stimulate students' enthusiasm in composition writing, and significantly enhance students' enthusiasm in writing. It can educate students in collective activities and carry out rich campus activities related to writing for students, which can stimulate students' learning enthusiasm. For students with high learning enthusiasm, relevant incentive measures can be taken to stimulate students' learning enthusiasm and make students have stronger self-confidence. Although Chinese teachers in higher vocational colleges are not psychological experts and Chinese teaching in higher vocational colleges does not take psychological knowledge as the main teaching content, we also need to realize that if Chinese teachers in higher vocational colleges can pay attention to the infiltration of mental health education according to the psychological characteristics of students in higher vocational colleges, they will obtain better teaching results, help students become talents with all-round development and physical and mental health.

Results: Finally infiltrating students' psychological quality education while imparting knowledge and cultivating ability, so as to better cultivate students' good psychological quality, enable students to become talents with all-round development.

Conclusions: It is also necessary for Chinese teachers in Higher Vocational Colleges to improve their knowledge transmission ability, cultivate students' own psychological quality, help students become mentally healthy people and enhance students' psychological adaptability.

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PROTECTION AND RESEARCH OF HISTORICAL AND CULTURAL BLOCKS FROM THE PERSPECTIVE OF PSYCHOLOGY AND ARCHITECTURAL ARCHAEOLOGY

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Background: Compared with the guiding significance of field archaeology theory and method for excavation in underground archaeology, the protection and research of aboveground cultural relics and ancient buildings and their historical and cultural blocks have been lacked of relatively fixed theoretical guidance for a long time. In the past, the research on historical and cultural blocks mostly focused on the macro protection planning, but the basic micro restoration work has not been paid enough attention. This is due to the lack of attention to the study of aboveground cultural relics and ancient buildings under the