let advanced individuals enter the classroom teaching, introduce the experience and cognitive achievements of social practice, and make it lay the ideological and cognitive foundation for the later social practice activities. Finally, the theoretical improvement should be timely. With the continuous development of society and the continuous improvement of practical teaching, the formed experience and problems are constantly changing. If we stay at the level of general experience and measures, it is difficult to deepen practical teaching and deepen teaching research. An important work after social practice is to improve the theory. In the process of summarizing the work, we should raise the experience and problems to the theoretical and academic level for research and analysis, so that we can effectively promote the development and progress of practical teaching from the fundamental ideological understanding and mode of thinking, and cultivate a number of teaching and research talents.

Conclusions: Marxism Sinicization education is the development direction of Ideological and political education system in colleges and universities, in which practical teaching research is also the key task in the field of modern education. Colleges and universities should comprehensively carry out practical teaching research, actively organize practical teaching activities, enhance the effectiveness of ideological education theory, and comprehensively improve students' ability to face and deal with problems.

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RESEARCH ON THE APPLICATION OF ONLINE COURSE IMPLEMENTATION OF SMART COMMUNITY MANAGEMENT IN PSYCHOLOGICAL EDUCATION FOR THE ELDERLY

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Background: With the rapid development of science and technology and the improvement of people's living standards, the traditional elderly care services cannot fully meet the needs of the market and the elderly. At present, the development of China's elderly care services is in a key stage of gradual transition from "traditional artificial elderly care" to "artificial + Intelligent elderly care". Intelligent elderly care services are the booster of various elderly care models such as self-elderly care, family elderly care, home elderly care, community elderly care, institutional elderly care and remote elderly care. Its core is to integrate modern high-tech means into many elderly care service fields. Effectively making up for the "can't do" of other pension service modes has positive significance in meeting the multi-level pension service needs of the elderly, mobilizing the subjective initiative of the elderly, improving the quality and efficiency of pension services, reducing human and time costs, optimizing the allocation of regional pension service resources, expanding the supply of multi-level pension services, etc.

Objective: The psychological service for the elderly in urban community has important practical significance. However, the psychological service for the elderly in urban community in China is still in its infancy, and there are a series of problems, so it is urgent to build a psychological service system suitable for the elderly in urban community. For this reason, we should build a guarantee system for psychological services for the elderly in the community, build a network model of community psychological services, innovate the forms and contents of psychological services for the elderly in the urban community, build a psychological service team for the elderly in the urban community, stimulate the enthusiasm of the elderly in the urban community to maintain their mental health, and provide the elderly in the urban community with health, happiness Provide psychological guarantee for a happy life.

Subjects and methods: 1. Construction of community intelligent elderly care infrastructure and equipment. (1) Introduce community intelligent elderly care platform. The implementation of community smart elderly care model is based on the existing elderly care service platform. The government selects and launches appropriate platforms to realize the intelligent management of the service process around the services provided by the platform. At the same time, provide intelligent terminal devices connected with the platform and develop relevant applications for the elderly and all subjects participating in the service. (2) Install the "one touch" smart button. In order to realize the effective connection between elderly care needs and elderly care services, it is necessary to uniformly install "one button" smart buttons for residents. The elderly can send the demand to the platform through the intelligent button. After the platform

intelligently identifies the demand information, it provides corresponding services for the elderly to meet their needs. (3) The introduction of wearable devices and intelligent monitoring devices. In order to obtain relevant information for process management, wearable devices and intelligent monitoring devices are introduced, such as monitoring the health status of the elderly in real time through intelligent bracelets and supervising the service process through intelligent monitoring devices.

2. Create a new intelligent elderly care service model led by the government. The main operation mode of the industry is to provide life security for the elderly through the combination of enterprises and the government, and provide targeted services for the elderly. It is based on the concept of wisdom and filial piety for the elderly, takes the smart home-based elderly care as the core business, takes the government cloud service platform as the core, deeply implements the relevant spirit of the 19th National Congress of the Communist Party of China, and uses functional modules such as remote health management, consulting management, chronic disease detection management and institutional platform information service to create an intelligent elderly care system suitable for the elderly and with strong applicability (risk avoidance). As the most favorable backing for enterprises, the government will purchase relevant infrastructure, provide policy support, and build a social welfare elderly care service platform. Elderly care service enterprises provide services, community elderly care service stations improve post supervision, and build an industrial chain of "elderly terminal + public elderly care service platform + enterprise + community elderly care service station".

3. Expand the purchase channels of smart elderly care products and improve the ability of the elderly to buy smart products. First, aiming at the problem that the elderly has nowhere to buy smart elderly care products, establish an online product and use information platform suitable for the elderly to show the product information to the elderly and let the elderly choose freely. Open up offline retail channels, and small and basic smart elderly care products can be sold through formal channels recognized and easy to buy by the elderly such as chain pharmacies and equipment stores. Second, according to the characteristics and trends of the elderly's demand for intelligent life, the government and relevant departments can widely organize and mobilize universities (learning points), communities, schools and social forces for the elderly to carry out various types of scientific literacy courses, training or lectures, so as to let the elderly understand the latest trend of today's scientific and Technological Development and the new changes brought about by the development of science and technology, Smart elderly care products can bring changes to personal life, but also guide more elderly people to actively participate in learning, teach them how to wear and use smart elderly care products, and how to buy favorite smart elderly care products online, which can not only enable more elderly people to enjoy all-round high-quality services, but also enhance their ability and self-confidence to communicate with relatives and friends and the outside world, to a certain extent, it has solved the problems of the elderly's blocked access to information, poor external communication and difficulties in integrating into society, promoted intergenerational and social integration, and helped to realize a new situation in which the elderly and young people share wisdom achievements.

4. Create a good atmosphere for mutual assistance and exchange of intelligent elderly care services. Give full play to the talent skills of psychological counseling in the intelligent elderly care service talent team, regularly send necessary care to the elderly, regularly organize cultural and entertainment dating activities on the platform, and promote the communication of the elderly. We can also provide basic nursing care training for the young elderly who can take care of themselves and have independent social skills, so as to enrich them into the elderly care services, effectively interact with the elderly and take care of each other, so as to alleviate the shortage of intelligent elderly care professional nurses to a certain extent.

Results: 1. Know yourself correctly. As the elderly in urban communities, we should first have a clear and correct understanding of ourselves. Due to the aging process, the physical strength, mental strength and health of the elderly are getting worse and worse, but the elderly have deep, wisdom and peace. No matter whether they used to be sad or happy, bitter or happy, right or wrong, they have become a warm past after the tempering of time. We should not only learn to appreciate our own advantages, but also face and accept our own defects and deficiencies, take it calmly with the current situation that we can't change, establish a good self-image and enhance self-confidence.

2. Participate in sports within your ability. Physical health is the basis and carrier of mental health, and mental health is the condition and guarantee of physical health. Moderate exercise, such as jogging, walking, cycling, swimming, playing ball, dancing, yoga, Tai Chi, health exercises, etc., cannot only enhance the physique, but also relieve the pressure and maintain a good mood. Regular exercise can enhance the functions of cardiovascular system, respiratory system and skeletal muscle system, reduce the risk of falling injury, enhance muscle elasticity and activity range, improve sleep, maintain energy and pleasure body and mind.

3. Strengthen self-psychological adjustment. Old people have something to do. The elderly should also maintain curiosity and thirst for knowledge, have hope and goals, and only in the process of continuous "action" can they feel the fun of life and their own value. Therefore, the elderly should also keep

moderately busy, properly do some housework, read and study, and do what they can. Even if they do the most trivial things, they can overcome their sense of powerlessness, uselessness and helplessness after retirement. Learn to forget. The so-called "forgetting" means that the heart should be detached and indifferent, do not pursue honor or disgrace, do not care about gratitude and resentment, and maintain an ordinary heart. Specifically, you should forget your age, hatred, grief, disease, fame and wealth. Only when you can afford to put it down, can you find the fun in life. Keep childlike innocence. Childlike innocence can make simple and boring things very interesting. It is a recipe to keep the spirit young, a source of youth, and the secret of happiness and longevity. Therefore, when people are old, they should maintain a childlike innocence and love to play and have fun like children. They can invite friends to travel and take photos, sing and dance, play ball and walk birds. They can also raise flowers and grass, knit sweaters, learn to cook at home and live happily.

4. Adhere to a healthy lifestyle. A healthy lifestyle is not only the premise and foundation of physical and mental health, but also the guarantee of physical and mental pleasure. First of all, we should have a reasonable diet and maintain nutritional balance. Pay attention to three meals a day. Breakfast is better, lunch is full and dinner is less. Eat more foods with low fat content, high protein, less salt and rich in vitamins. Do not overeat or overeat. Secondly, actively participate in physical exercise and insist on exercising for at least 1 hour every day. Thirdly, we should ensure adequate sleep and reasonable rest, don't stay up late, relax and combine work and rest. We should also use the brain scientifically. We should not only avoid excessive use of the brain, but also avoid excessive monotony. We should be good at grasping the best time for the brain to work and reasonably arrange our own life.

Conclusions: Aging has become a common problem faced by all countries in the world. Urban community plays a very important role in improving the mental health level and quality of life of the elderly in urban community. Therefore, urban communities should take positive action, integrate social resources, and provide high-quality and all-round psychological services for the elderly in urban communities, so that they can spend a healthy, peaceful and happy old age.

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ON THE PSYCHOLOGICAL FACTORS OF MUSIC AESTHETICS AND AESTHETIC EDUCATION

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Background: Vocal music can express the emotions to be expressed in life in the form of performance. Vocal singing is an art form that integrates vocal skills, performance ability and singing psychology. Aesthetic psychology is a very important part of music teaching. Teachers should cultivate students' ability to appreciate, create and spread beauty, make students deeply understand and feel music aesthetics, and radiate the charm of vocal music.

Objective: With the continuous reform in the field of education, music colleges pay more and more attention to students' aesthetic ability in vocal music teaching. Vocal music teaching is not only a skill activity, but also an educational activity that can cultivate students' aesthetic ability. This paper analyzes the essence and current situation of students' aesthetic psychology in vocal music teaching, guides students to find the beauty in vocal music, and studies the methods to improve students' vocal music aesthetic ability, in order to highlight the value of vocal music and provide reference for vocal music teaching in music colleges.

Subjects and methods: 1. The psychological process of music aesthetics. Music aesthetics is a kind of psychological aesthetics. It is a kind of psychological activity, which directly contacts the hearing. Its process is a simple description of the physiological mechanism of music aesthetics and a stimulus reflection model. The aesthetic process of music is the experience process of the appreciation of the aesthetic image of music transformed by many auditory signals, which is not only the passive acceptance of the results of music creation and music performance, but also the participation, filling and enrichment of music works by the appreciation as the main body through their own aesthetic consciousness, Creative activities that enable music works to show different meanings in different times and environments. In fact, various elements of music, such as pitch, interval, rhythm and scale, can cause aesthetic psychological reflection.