

important practical significance and application value.

* * * * *

APPLICATION OF MUSIC THERAPY IN STUDENTS' MENTAL HEALTH EDUCATION

Liqun Huang & Junyi Luo

Institute for Nationalities, Lishui University, Lishui 323000, China

Background: Due to the development of the times, college students' mental health has become a key concern. According to the analysis and research results, most students like music. Therefore, music therapy plays a very important role in college students' mental health education. As a marginal discipline, music therapy combines music, medicine and psychology, which is conducive to alleviating students' bad emotions and psychological problems and forming a sound personality. The application value of music therapy in college students' mental health education is embodied in helping to stabilize students' emotions and relieve students' stress. It helps to create a good communication atmosphere. Emotion has a great impact on a person, and music can have a subtle impact on people's emotion. Music therapy mainly applies this point to stabilize students' emotions and change their views on the world outlook and outlook on life. In the specific treatment process, students can listen to some inspirational or cheerful music, or listen to some slow or sad music, so as to guide students to vent their bad emotions buried in their hearts, eliminate negative emotions, and then listen to some inspirational and positive music, guide them to break through their psychological limitations, re-examine themselves and gain new life at the spiritual level, Embark on a new journey. Music can help students relieve pressure and relax. The times are developing, society is making progress, and people's pace of life is getting faster and faster. College students feel the pressure from all parties from school, such as learning, employment and communication, which makes them very upset and has a very serious impact on the mental health development of college students. Music is a favorite medium for students. Relevant studies show that music can effectively regulate people's biological effects and physiological skills, help students relax, relieve pressure, and guide college students to actively face the test of life. Create a good communication atmosphere for students and strengthen their communication ability, regardless of time and place. As long as there is music, it can create a good atmosphere and easily lead to the emotional resonance of the people present. Therefore, if those students who are introverted and are not good at expressing themselves can rely on the media of music to eliminate their shyness and tension towards others and be honest with others. In addition, there are many forms of music. For example, participating in some ensemble or chorus and other group activities can also enhance students' interpersonal communication level, learn to face difficulties actively, help and understand each other, and change their indifferent and lonely character. You will find that it is easy to communicate with others, so as to obtain happiness in life.

From the current development, college students' mental health has become a problem of great concern. In the process of college teaching, we need to choose a teaching method closer to students' actual life to promote the development of college students' mental health. From the relevant investigation and analysis, college students are interested in learning music, which provides an effective basis for college students to use music to treat psychological problems. Music has the function of arousing personal personality. Colleges and universities can treat and solve the psychological obstacles of college students by using music, which requires schools to pay attention to college students' psychological counseling, cultivate students' healthy emotions and promote the development of College Students' mental health. At present, most colleges and universities have insufficient understanding of music therapy and the construction of professional music therapy team, which need to be paid more attention.

Objective: This paper focuses on analyzing the increasingly prominent phenomenon of college students' psychological problems, defines the importance of increasing investment in mental health education, determines that mental health education is facing various challenges, and comes to the conclusion that mental health education mainly depends on the main channel of classroom to impart mental health knowledge, The use of mental health education lectures and psychological counseling to solve the psychological problems of college students, but this way of education cannot better meet the needs of current students. Help people realize that music therapy is to adjust the psychological status of college students through the art form loved by college students. At the same time, this art form is also an important part of campus culture. It is concluded that music therapy can trigger rational cognition by stimulating individual perceptual experience, and change cognition by improving emotion. This paper analyzes the problems existing in Contemporary College Students' mental health education, and puts forward the application countermeasures of music therapy in Contemporary College Students' mental health education, so as to lay

a good foundation for promoting college students' mental health.

Subjects and methods: According to the connotation of music therapy and the mental health problems of college students, this paper determines the positive and effectiveness of music therapy, pays attention to the significance of its practical application, practices the application according to the characteristics of college students, adopts the network questionnaire system and random sampling method on the basis of questionnaire survey, literature and practical problem experience. Through the questionnaire invitation link and the original database based on Epi-Data, the method of comparative research is used to realize students' psychological judgment. Using the method of case analysis, this paper points out the relevant paths of the impact of music therapy on students' mental health.

Results: Music therapy can help college students express their emotions, vent their bad emotions and establish a positive outlook on life. Colleges and universities should strengthen teachers and students' correct understanding of music therapy through multiple ways, and give full play to the artistic value of music therapy in mental health education through scientific cognition, curriculum, activity planning, venue improvement and team construction.

First of all, further strengthen publicity and improve the understanding of music therapy. Most students do not accept this emerging psychotherapy, and it is easy to confuse music therapy with music education. The purpose of music education is to improve students' aesthetic ability and professional skills, and music therapy is a technical means to improve individual physical and mental health through music, which affects students' emotional experience. Music therapy is different from hospital diagnosis and treatment. It is not a "music prescription" that can achieve results. It is a step-by-step process. Therefore, universities should give full play to the advantages of new media such as campus network and WeChat official account. Through the network positions, they can popularize music therapy related knowledge to students, provide various kinds of music and mental health knowledge propaganda, download and listen to various relaxing music, and create special music therapy columns on psychological websites, through music therapy case analysis. Music therapy, online experience and other links to meet the needs of college students.

Secondly, pay attention to setting up music elective courses to improve students' music literacy. As a humanities and social science, music can have a subtle impact on people from the aspects of ethics, ideology and character, make individual emotions develop into noble moral sentiments, and promote the formation of a correct outlook on life and world outlook. Although the objects of music therapy do not need to know professional music theory knowledge, there are some differences in the perception of music among groups with different educational levels and knowledge backgrounds. By learning and understanding the background of music creation, including the historical age, style and genre of music works, the composer's life experience and other creative backgrounds, it can promote college students' rich perception of music and broaden students' thinking. The common teaching methods in music elective courses include listening and discussion, music imagination and performance experience, let students understand music knowledge through various forms of course participation.

Finally, set up a special music therapy studio. In the process of music therapy, music therapists need to create a quieter, more harmonious, and more comfortable treatment environment for college students, so that students can be in a relaxed and comfortable state in the process of treatment. In the process of music therapy, specialized treatment places are very important, which requires the improvement of music therapy equipment to provide guarantee for the work of music therapy. Therefore, it is very important to build a professional music therapy room. Based on the original psychological counselor and group counseling room, colleges and universities can build individual and group music therapy places. The music therapy room needs to be equipped with sound and music sound to build a warm and quiet treatment environment for students. Using music can build a more relaxed and comfortable consulting environment, but also build a harmonious relationship between music therapy consultants and students, and use audition and games to build effective music therapy activities to promote the mental health development of college students.

Conclusions: Music therapy plays an irreplaceable role in the process of students' mental health education. Music therapy can effectively interfere with college students' mental health, promote students' physical and mental health, improve students' psychological quality, guide college students to form a healthy personality and cultivate college students' sentiment. Music therapy can effectively regulate students' psychology, improve college students' interpersonal relationships, change some students' bad emotions such as anxiety and depression, and shape a more positive personality. College teachers lack understanding of music therapy, mostly use music appreciation courses to cultivate college students' sentiment, making music therapy a form of music education. Each school also needs to build a perfect mental health education service system to open a new road for the development of students' mental health. Although music therapy is not popularized in colleges and universities, the increasingly perfect music therapy system promotes its wide application in colleges and universities, which has a very important impact on the development of students' mental health.

* * * * *

ANALYSIS OF THE EFFECT OF RUNNING ON PSYCHOLOGICAL RELIEF OF PATIENTS WITH DEPRESSION

Huawei Liang¹, Yan Feng², Yi Zhang¹ & Haiyang Zhang¹

¹*School of Physical Education and Taijiquan, Henan Polytechnic University, Jiaozuo 454000, China*

²*College of Physical Education (Main Campus), Zhengzhou University, Zhengzhou 450001, China*

Background: Depression is a psychological disease, there are many incentives. The condition of depression is easy to repeat, and most of each attack can be relieved, but there will be some residual symptoms. The mood of patients with depression is in a state of loss for a long time. Patients with mild condition will have bad mood, and patients with severe condition will have hallucinations and have a long time of onset. Depression is not caused by patients' problems in family and life, but still has depression and pessimism when they are in good condition in family and life. Clinical manifestations of depression: first, depression. At first, it may be manifested in the decline of various emotional experience ability in a short time, listless and not interested in everything. It often presents a special mournful face, sad face and secret tears. Typical patients have depression, with the characteristics of heavy day and light night. When they are extremely depressed, they can commit suicide or self-punishment. This kind of depression is primary and endogenous, that is, it occurs without obvious external factors. Second, slow thinking. The typical performance is that the thinking association process is inhibited and the response is slow, which is manifested in the reduction of active speech, slow response, low self-evaluation and low self-esteem of patients. Some patients are pessimistic and suicidal. Third, there is a reduction in action. It is characterized by slow movement, slow walking, lack of interest and vitality, always feel that the heart is spare but the strength is insufficient, and listless all day. In severe cases, it is in a state of depression and numbness, and in severe cases, it may not eat or take care of itself. For the onset or recurrence of depression patients, generally give drugs that can produce excitement, or psychotherapy. However, a series of recent studies suggest a new way to treat depression-participating in physical exercise. On the one hand, sports can relax the body and mind of patients with depression. When the thinking of patients with depression is tending to a more distressed "network", and their negative and irritable thinking is constantly generated, they can forget their irritability by participating in some sports with a brighter rhythm. The body is relaxed to ensure adequate sleep, so that depression can carry out all-round "power abandonment" all night, which lays a good spiritual foundation for the spirit to participate in work the next day. The relaxation of thought makes the patients clear headed and calm to solve and deal with problems after exercise. On the other hand, patients with depression actively participate in sports activities, which is a positive help to improve their outlook on life and world outlook. Physical exercise can improve their self-esteem and self-confidence, strengthen the control of self-emotion, and strengthen their persistent learning attitude, work attitude and life attitude. For severe patients, physical exercise will also produce a series of beneficial changes in the patient's brain. More intense physical activities will also release a chemical substance in the human brain, which is very helpful to reduce pain.

Objective: Depression is a common affective disorder, also known as psychological disorder. The World Health Organization predicts that depression will become the second leading cause of non-aging death and disability, and the second leading disease in China after cardiovascular disease. Depression has been effectively treated clinically, and the therapeutic effect of combined exercise therapy is more obvious. Exploring the causes of depression and exercise is of great significance for the treatment of depression.

Subjects and methods: Depression is a common emotional disease that endangers human physical and mental health. The clinical manifestations are depression, slow thinking, slow action and other symptoms, which are the result of the interaction of various psychological and environmental factors other than heredity. Running is the simplest and most basic sport. Based on the basic understanding of depression, this study explored the effect of running on relieving the psychology of patients with depression.

Study design: 200 patients with depression were randomly selected and asked to complete the questionnaire at one time, and the specified time was 5-10 minutes. A total of 200 questionnaires were distributed, 183 were recovered and 178 were valid.

Methods: Excel was used to count the effect of running on relieving the psychology of patients with depression.

Results: 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 general 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