

training, we should also implement this psychological training method and means, so that athletes not only have the experience of tension, but also have the ability of self-control of tension. (3) Recall method. When athletes do not play well in the competition, they should keep a clear mind, stabilize their emotions, systematically recall the learned technical actions and action essentials, form correct muscle perception, experience the physical feeling and emotional feeling at that time, and then actively find the correct feeling, so as to strengthen their confidence and restore their normal level. (4) Relaxation training method there are many methods of relaxation training, including gradual muscle relaxation, closing eyes and refreshing. Music relaxation, situational relaxation, language hint relaxation, etc., but the basic principle is to relax the muscles, calm the mind, calm the Qi and breathe evenly through mind control, so as to strengthen the inhibition and weakening of sympathetic nerve activities, so as to gradually relax the athletes from muscles to bone joints, from external senses to cerebral cortex. Through these specific relaxation actions, the whole body and psychological activities are in a relaxed state, so as to relieve tension, reduce psychological pressure, improve muscle sense and ability, and enhance the ability of self-regulation of emotions, so as to make athletes concentrate and prepare for the next training and competition with confidence.

Conclusions: To sum up, it is the psychological factors of athletes in training and competition and puts forward the corresponding solutions. Therefore, athletes should have the ability of self-adjustment in competition or training, constantly enhance self-confidence and cultivate firm will quality, so as to give play to their best competitive level and achieve excellent results in the face of higher, faster and stronger competitions.

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RESEARCH AND APPLICATION OF MUSIC PSYCHOLOGY IN THE INTEGRATION OF TRADITIONAL MUSIC CULTURE INTO MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: At the end of last century, educational reform set off an upsurge all over the world. The main purpose of educational reform is not only to make the national economy more adapt to social development, but also to constantly update and improve the current educational system, so as to be more competitive in the world. Nowadays, music education in colleges and universities all over the world has begun to reform in line with the trend of education reform. This reform is usually more systematic and holistic, not limited to the improvement and improvement of music discipline. Generally speaking, the main purpose of music education reform in colleges and universities is to enable students to re recognize the role and value of music courses, and to make the structure and standards of music courses in colleges and universities clearer and more reasonable. The connotation and extension of traditional music culture are extremely rich. In a specific context, it can be expressed as folk music culture, local music culture, national traditional music culture, etc. As a part of culture, the inheritance and development of traditional music has the functions of enhancing cultural identity, condensing national centripetal force the important value of improving national self-confidence. Music education in colleges and universities should take traditional music as the carrier, express the deep meaning of music through the ideas of music works, guide students to pay attention to their own traditional music culture and enhance national self-confidence. To study the inheritance and innovation of traditional music culture, we must closely combine traditional and modern perspectives, and colleges and universities as knowledge production, dissemination the important field of integration and innovation has unique advantages and conditions. Therefore, it is feasible and necessary to study the inheritance and innovation of traditional music culture from the perspective of music education in colleges and universities. As an important subject in music education, music psychology has not been paid attention to by the modern music education system. The absence of music psychology causes problems in the value and future development of music education to a certain extent. Based on the theoretical content and development of music psychology, it can be clear that it plays an important role in the psychological function of music, the formal structure of music works, the value of improving music education and artistic needs. Considering the unique value of music psychology education at the practical level with the concept of modern music education

plays a good role. Therefore, this is also a theory that must be paid attention to and reasonably grasped in the development of modern music education. A comprehensive exposition and systematic analysis of it will help to realize the good results of driving the development of music education with music psychology, so that the traditional music culture can be better integrated into the process of music education.

Objective: Based on the actual requirements and specific direction of music education reform in colleges and universities, this paper defines the important role of music psychology in music education, effectively analyzes and discusses the actual situation and channels of music psychology promoting the integration of traditional music culture into music education, mainly on the content, educational structure, status and role of music courses offered in colleges and universities. At the same time, it also makes an in-depth analysis of the development of traditional music culture. In addition, it pays effective attention to the protection of traditional music culture, and discusses the diversity and coordination of China's traditional music culture from the perspective of music psychology.

Subjects and methods: From the perspective of the application of music psychology in the integration of traditional music culture into music education in colleges and universities, most colleges and universities do not pay enough attention to the integration of traditional culture into modern music education and music psychology education. Combined with the objectives of music education in colleges and universities and the needs of students' learning, this paper analyzes the important role of music psychology in the integration of traditional music culture into music education in colleges and universities. Based on the questionnaire survey, literature and practical problem experience, the network questionnaire system and random sampling method are adopted. Through the questionnaire invitation link and the original database based on EpiData, the method of comparative research is adopted to realize the perfect judgment of the new model. Using the method of case analysis, this paper points out the relevant direction of the application of music psychology in the integration of traditional music culture into music education in Colleges and universities.

Results: When music psychology is applied in the integration of traditional music culture into music education in colleges and universities, it is first necessary to improve the music teaching mode. The integration of music psychology and pedagogy is an innovation of the discipline. Therefore, it is necessary to improve the music teaching mode to adapt to the discipline development, which is also the inevitable requirement of educational modernization. The improvement of music teaching mode includes two aspects: one is the improvement of music education theory, which requires relevant practitioners to conduct professional research on psychology and pedagogy of the discipline and update the traditional and conservative educational concepts. On the other hand, it is the improvement of music education practice. College music teachers are the front-line personnel of music education and have mastered the students' learning situation and artistic level to a certain extent. Therefore, to accumulate experience and lay a foundation for improving music education methods, it is possible to improve music education practice.

Secondly, replan the music art curriculum structure and standards, and effectively make it clear that the traditional curriculum structure will change structurally and related with the improvement of music teaching level and music teaching status. Modern music curriculum standards must meet the needs of music teaching reform. The open double line teaching structure is a new teaching concept and model. It can accelerate the transformation of knowledge into ability, which is not only the curriculum structure of scientific modernization, but also a system based on multiple standardized scientific principles. It takes the students' subjectivity, the practicality of music, the openness of teaching, the acceleration of knowledge transformation ability, and the improvement of students' intellectual level and personality as the principle, which are the necessary conditions for quality education. The open double line teaching structure is the teaching structure to adapt to the educational reform. While trying to build the music quality education system, we should carefully examine the standards of music curriculum, truly realize the role and value of music curriculum, and ensure the scientificity of the standards of music curriculum system. Only by formulating a new national unified standard music curriculum can we accurately and effectively improve the level of music education in China.

Finally, strengthen music practice and pay attention to psychological perception. Music education also pays great attention to the practical process to a great extent. In music education, practice is of great significance to music. The essence of music is abstract, and the audience's perception of music is based on auditory organs. Music is good at using the combination of melody and rhythm to give the audience room for imagination. For example, when appreciating and learning drama, drama relies on the packaging of characters' clothes, expressions, and movements to reflect its artistic expression. The rational use of music enriches the scope of artistic expression, and different parts of drama can be connected through the differentiated application of music, so as to improve the audience's appreciation of drama, then it increases the artistic expression of drama.

Conclusions: Music education is a great educational undertaking. On the one hand, music education is to continue and develop music skills and knowledge, to spread and develop human knowledge and spiritual and cultural wealth in reality. Meet the actual needs of modern society for material and spirit. At the same

time, the role of music psychology in music education is a bilateral interaction. Although it mainly studies human music psychology, music creation, the process of thinking activities such as inspiration or perception in the learning process and human psychology, so as to make a good overall perception of music education, in the process of reforming efficient music curriculum in China. We should not only absorb and learn from the advanced music culture of all countries in the world, but also carry forward the excellent traditional music culture of our country. Contemporary music education should not only expand time and space, but also expand the space of music education beyond the school. Nowadays, most of the systems we are facing are systems with more levels, richer types, more diverse functions and higher complexity, which requires that music education in colleges and universities should gradually increase research efforts and promote its research activities to a deeper level.

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RESEARCH ON THE DEVELOPMENT OF IDEOLOGICAL AND POLITICAL EDUCATION OF COLLEGE STUDENTS FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: Educate and influence the educated from the ideological, political and moral levels, cultivate the abilities of college students in all aspects, improve the comprehensive quality of college students, and make them develop into the social practice activities of people needed by a certain class or society. As a theoretical discipline, psychology studies human psychological phenomena. At the same time, as an applied discipline, psychology also plays a great role in the study of spiritual function and behavior. It explores the law of the occurrence, development and change of psychological phenomena through the study of psychological process, psychological structure, psychological brain mechanism, the occurrence and development of psychological phenomena, psychology and environment. Ideological and political education and psychology are interrelated and different, both consistent and different. The connection between Ideological and political education and psychology in colleges and universities is manifested in their consistency, which is mainly reflected in the following two aspects: on the one hand, both of them are for the needs of realizing educational objectives. As different educational means, they both aim to promote people's all-round development. At the same time, they are also an important carrier to promote the all-round and healthy development of college students and realize the educational objectives of colleges and universities. On the other hand, both are the dynamic reflection of the subject on the objective world based on practical activities. Whether it is an intuitive reflection or an indirect reflection, the contents of the two are similar. Psychological activities will occur in the process of thinking, and ideological phenomena will occur in the process of psychological activities. The two are closely related, interactive and complementary. In the traditional ideological and political education, the ideological and political educators are in the leading position. They carry out theoretical persuasion education for the working objects. The working objects are in a passive position, and their inner thoughts are easy to be ignored. In mental health education, the status of educators has changed from dominant and authoritative to helper and healer, respecting students' personality and understanding students' personality defects. This role transformation makes the content of Ideological and political education easier to be accepted by students. On the one hand, it helps to understand the psychology and thoughts of the object and helps both sides open their hearts. On the other hand, it helps to change the attitude of the working object, so that students can listen to and remember the views of workers, so as to easily change their original attitude and behavior and enhance the affinity of Ideological and political education. In the work of Ideological and political education, students can form lofty ideology and morality only after thoroughly solving the basic psychological problems and obstacles.

From the formation and development process of ideological consciousness, the formation and development of students' moral consciousness and political consciousness are based on healthy psychology. Only by understanding and mastering students' psychological characteristics and psychological problems, can ideological and political work be targeted. We can also objectively understand the psychological characteristics and development trend of students' personality with the help of psychological tests, so as to make ideological and political education more targeted and effective. Under the impact of multiculturalism