

still have expectations for piano teaching, and the vast majority of students believe that there is room for improvement in piano methods, forms and contents, which is beneficial to their own piano learning.

Conclusions: It can be seen from the survey results that most students are not satisfied with their learning state or effect, some students have little interest in piano learning, and the teaching mode is still dominated by the traditional teaching mode. Most teachers have not conducted other forms of teaching except classroom teaching, and the degree of harmony between teachers and students is not too high, the vast majority of students believe that the teaching content and methods still have room for improvement, and will greatly improve their teaching effect. Therefore, piano teachers should fully combine educational psychology, formulate different teaching plans according to different situations of students, follow the policy of appreciating education, and teach with kindness, kindness and patience. Parents should cooperate with teachers at home and don't scold. According to children's different situations, patiently cultivate their interest in the piano, go to each class easily, complete their homework with confidence, and let students get good artistic cultivation in learning the piano.

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ANALYSIS OF THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION ON COLLEGE STUDENTS' ANXIETY UNDER THE BACKGROUND OF THE NEW ERA

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Background: In the new era, with the rapid development of information technology, the amount of information and information dissemination are immeasurable. College students can obtain more information through the new media platform, which makes up for the lack of college students' classroom learning, and the new media platform has also become an important source for college students to obtain information. Under the background of the new era, the new media platform is shared for the dissemination of information. Therefore, it stimulates people's desire for innovation and exploration, and college students are not. In addition, due to the freshness of college students and their courage to try, college students are very receptive to emerging things, and their ability to use the new media platform is relatively high. Under the background of the new era, college students can observe the changes of the world from multiple angles and receive more new knowledge. Therefore, the flexibility and sensitivity of college students' thinking are enhanced. Under the background of the new era, the authority of Ideological and political education has been threatened. On the one hand, the leading authority of educators has been affected, on the other hand, the authority of the content of ideological and political education has been affected. In the information age, a large number of all kinds of information fill the space of students' study and life, increase the space of students' choice, and enhance the initiative of students' choice at the same time. The application of information technology makes the constraints of traditional ideological and political education in space and time disappear. Students can freely choose learning time and learning content through the application of new media platform. The breadth and depth of educational content completely surpass the traditional educational model and educators. Therefore, ideological and political educators and authoritative areas of educational content are facing severe challenges.

Objective: Ideological and political education has certain pertinence for students, but in order to achieve the pertinence of Ideological and political education, we must first have a comprehensive understanding of students, especially a systematic understanding of the psychological changes of students' growth, so we can take corresponding measures according to the needs of students' actual development. Under the background of the new era, college students' ideological and political education has obtained a new educational platform and educational media. Teachers and students can communicate in real time through the new platform, and the information transmission is timelier. At the same time, under the background of the new era, college students' ideological and political education gets rid of the traditional indoctrination education mode, and the forms of education are more diversified, which can better meet the needs of college students for ideological and political education.

Subjects and methods: 400 college students, aged (21.15 ± 1.48) years, were randomly divided into experimental group and control group, with 200 people in each group. Under the background of the new era, the experimental group carries out ideological and political education by means of network and new media, tracks students' psychological dynamics in real time, and adjusts the course teaching content. The control group received traditional ideological and political education. The experiment lasted for 2 months. The anxiety status of the two groups of students before and after the experiment was tested by issuing the

self-anxiety scale to the students. Use SPSS 20.0 software to make statistics.

Results: The anxiety status of the two groups before and after the experiment is counted, and the specific results are shown in Table 1.

It can be seen from Table 1 that there is no significant difference in the anxiety of the two groups of students before the experiment, but after the experiment, the anxiety of the two groups of students is relieved to a certain extent, indicating that ideological and political education in colleges and universities can alleviate the anxiety of college students to a certain extent. However, after comparing the data of the two groups of experiments, it can be seen that the psychological state of the students in the experimental group is significantly better than that in the control group, which proves that under the background of the new era, using the means of networking and informatization to carry out ideological and political education for students can effectively alleviate students' psychological anxiety. This may be because students are one of the main audiences of the network. Students also like to express their views on the network. Those are students' real ideas. Because the network is hidden and anonymous, students can truly express their ideas, and educators can understand students' thoughts through the views expressed by students. We can find an effective way to carry out ideological and political education for students. Ideological and political education should be personalized and targeted, and the network can help ideological and political education to carry out targeted education and teaching, so that students can boldly express their opinions and ideas in the process of Ideological and political education.

Table 1. Comparison of anxiety status / proportion of people in the two groups before and after the test

Group	Before and after the experiment	No anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Test group	Before the experiment	17	46	31	6
	After the experiment	39	49	12	0
Control group	Before the experiment	16	44	36	4
	After the experiment	28	48	23	1

Conclusions: In order to adapt to the development and changes of the new era, we must start from the perspective of college students' mental health education, accurately grasp the psychological characteristics and influencing factors of college students in the new era, and form a set of educational practice system in line with the psychological characteristics of college students in the new era according to the existing problems and difficulties, so as to promote the steady progress of Ideological and political education in colleges and universities in the new era. Therefore, this study focuses on the key role of carrying out ideological and political education for college students under the background of the new era. Through the respective characteristics and interaction between the development of Ideological and political education and students' psychological state, this study defines what mode of Ideological and political education can be carried out in colleges and universities to meet the psychological needs of college students at the present stage. It has positive guiding significance for the follow-up ideological and political education in colleges and universities.

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ON THE FEASIBILITY OF EDUCATIONAL PSYCHOLOGY IN THE TRAINING OF COLLEGE TEACHERS

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Background: Educational psychology is not only one of the compulsory professional basic courses for normal students, but also one of the key contents of teacher qualification examination. Colleges and universities aim to cultivate students' all-round development of morality, intelligence, physique and beauty, so that students can obtain professional knowledge, master practical operation skills, be full of innovative spirit and good professional ethics. Some of the teachers are professional and technical teachers who graduated from non-normal universities. Although they learn the theoretical knowledge of pedagogy through training and refresher meetings, they do not grasp the theoretical knowledge of educational psychology in depth, understand it thoroughly, and apply it fully in teaching. College students are in puberty, and teachers can master and fully apply educational psychology, promoting the all-round development of students is an