

comprehensively improve the construction level of pension facilities, meet the actual use needs and psychological needs of the elderly, and finally achieve the purpose of alleviating the behavioral barriers of the elderly.

Acknowledgement: Tender for the 2021 of philosophy and social sciences in Wuxi, based on the study on the improvement design of supporting facilities for the aged community in the 15-minute living area of Wuxi, project no. C03022.

* * * * *

AN EMPIRICAL ANALYSIS OF THE RELIEF EFFECT OF MULTI-MODE SETTING OF MUSIC LITERACY CURRICULUM ON ANXIETY DISORDER

Yaping Zeng

Music Teaching Department, Zhengzhou Preschool Education College, Zhengzhou 450000, China

Background: Anxiety disorder, also known as anxiety neurosis, is the most common kind of neurosis, which is mainly characterized by anxiety emotional experience. It can be divided into two forms: chronic anxiety, namely generalized anxiety, and acute anxiety, namely panic attack. The main manifestations are: nervous worry without clear objective objects, restlessness, and autonomic nerve dysfunction symptoms, such as palpitation, hand shaking, sweating, frequent urination, and motor restlessness. Pay attention to distinguish normal anxiety. If the severity of anxiety is obviously inconsistent with objective facts or situations, or the duration is too long, it may be pathological anxiety. Anxiety disorder is a disease with better therapeutic effect and better prognosis in neurosis. Psychotherapy and medication are usually used. Of course, adjuvant therapy is also essential. Music therapy is a new frontier discipline integrating music, medicine and psychology. It takes music activities as a treatment medium to improve individual physical and mental health.

Music literacy courses are highly comprehensive. Under the background of diversified talent training mode, we should cultivate versatile people and integrate disciplines. In the literacy class, students learn how to communicate and express themselves with others in the way of music, how to cooperate to complete a music game, how to be a leader and a group member, and learn to compete and cooperate. The number of students is relatively large. They can complete sight singing training such as canon and double voice department. Students with relatively good intonation will drive relatively weak students to make common progress. When playing music games, the atmosphere is easier to come out, and the interaction between people will increase. It can create a very happy and relaxed class atmosphere, and students' acceptance of knowledge is also active. At present, the traditional music literacy courses are divided into Solfeggio and music theory. Solfeggio and ear training is a basic and technical course for all majors in the school of music and dance. Through the basic training of solfeggio, dictation and auditory analysis, students can systematically develop and improve their keen reflection ability, resolution ability, memory ability, rapid spectrum reading and accurate singing ability. The learning process is boring. The two-year course is accompanied by the study of harmony, chorus command, music history and other related independent courses, so it is difficult to really achieve interdisciplinary. Most students and teachers only regard music literacy as a course to lay the foundation for professional learning. As everyone knows, the music literacy curriculum is very comprehensive. Under the background of diversified talent training mode, educators' reform and construction of this curriculum is imperative.

Objective: Music literacy class was called music theory class for a long time before, but after the practice of countless children, the teacher found that the simple music theory content in music theory class is not only boring, but also difficult to accept and understand for younger children. The course with pure music theory knowledge is more suitable for older children. For the enlightenment and younger children, it is the golden period to cultivate inner hearing and fixed pitch. In this period, too much abstract theoretical knowledge of music theory is really encouraged, and the key period of training hearing and musical sense is missed. At this time, many teachers begin to add Solfeggio and ear training courses to make the classroom more colorful, to cultivate children's comprehensive music quality, the course at this time is called music literacy course. Music literacy courses are highly comprehensive. Under the background of diversified talent training mode, we should cultivate versatile people and integrate disciplines.

Subjects and methods: This study selects five weeks of music literacy curriculum teaching based on multi-mode setting as an intervention method to explore the impact of multi-mode setting of music literacy curriculum on students' anxiety response and its psychological mechanism, so as to provide theoretical and practical basis for promoting students' mental health and school curriculum setting, 100 ordinary college

students majoring in music in a school were selected to participate in the experiment, including 50 in the experimental group and 50 in the control group. The experimental group carried out music literacy teaching and multi-mode teaching guidance, and the control group only carried out normal course teaching. The degree of students' psychological anxiety was tested with the self-anxiety scale, and the experimental design of repeated measurement was adopted. All data were processed using PASW 18.0 software package and Excel 2007.

Results: The anxiety status of the two groups of students before and after the experiment is shown in Table 1. As can be seen from Table 1, there was no significant difference in anxiety between the two groups before the experiment. After the experiment, the anxiety of the experimental group was relieved, and the anxiety of the control group was not significantly improved.

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

Group	Before and after the experiment	No anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Experience group	Before the experiment	9	18	16	7
	After the experiment	24	21	5	0
Control group	Before the experiment	10	23	13	4
	After the experiment	14	16	16	4

During college students' study in colleges and universities, how educators accurately understand their mental health problems and give them timely help and guidance has become an important task in college education reform. According to the above research results, it shows that we can appropriately alleviate students' psychological anxiety with the help of the teaching method of music literacy course under multi-mode setting.

Conclusions: Since anxiety psychology is a universal existence among college students, it is necessary to face all students in the knowledge education of anxiety psychology. When college students enter school, they can be distributed with mental health popularization materials, carried out psychological general survey, established college students' psychological archives, set up college students' psychological courses and a series of lectures, and comprehensively improve their psychological quality. In addition, when facing the whole, we should pay more attention to special student groups with obvious anxiety, such as poor students, graduates, postgraduate entrance examination and other groups, so as to achieve the combination of popularization and pertinence.

* * * * *

PRACTICAL RESEARCH ON COLLEGE CURRICULUM IDEOLOGICAL AND POLITICAL COLLABORATIVE EDUCATION MODE FOR THE PREVENTION OF DEPRESSION

Xiaoming Li¹ & Canfeng Huo²

¹*Department of Design and Creativity, Hangzhou Wanxiang Polytechnic, Hangzhou 310000, China*

²*Marxist Ministry of Education, Baoding Preschool Teachers College, Zhuozhou 072750, China*

Background: The most important and basic carrier in college students' Ideological and political education is the traditional ideological and political theory teaching. Since entering the 21st century, facing the complex political and ideological development situation at home and abroad, more and more colleges and universities have realized that they can no longer only rely on the traditional ideological and political theory course as a single communication channel for students' ideological and political education, We must actively broaden and innovate the teaching carrier of students' ideological and political education and enrich the ways for students to receive ideological and political education. On a deeper level, the concept of Ideological and political education in college curriculum can effectively promote the healthy development of students' psychological quality. Colleges and universities not only need to adopt the new educational concept of curriculum ideological and political education to innovate the traditional ideological and political education, but also constantly broaden the vision of Ideological and political educators from the perspective of modernization, the world and the future, and break through various limitations in the traditional ideological and political education in colleges and universities with innovative spirit. In order to effectively open up today's new situation of college curriculum thought and politics.

As an innovative educational model, curriculum ideological and political education is an important