

ANALYSIS OF THE EFFECT OF MUSIC CLASSROOM TEACHING ON COLLEGE STUDENTS' BEHAVIOR DISORDER

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Background: With the development of society and the intensification of competition, people's self-awareness and values are constantly evolving and deepening. Especially for students in colleges and universities, there is a problem of cultivating themselves and building the future. Therefore, they pay more attention to their own achievements and honors. However, due to the constraints of experience, environment, adaptation, tolerance and other screening and judgment abilities, its pressure is becoming increasingly prominent. Music classroom teaching is easy to be ignored or ignored in students' mental health education. Many people think that people who major in performance will appear frequently and appear repeatedly. Naturally, they should not be nervous and cannot be nervous. Most professional teachers focus on the training of students' sound skills and ignore the training and cultivation of psychological quality, resulting in the good state of students in their usual classroom practice. Once they encounter a game when trying to wait for major scenes, you will feel uncomfortable, and the psychological state is seriously unbalanced, resulting in the phenomenon of "performance anxiety". Students majoring in vocal music performance will have varying degrees of tension and anxiety near the performance or performance, which will affect the performance or examination. The fear of failure leads to students' fear of the stage and makes students lose their desire for stage performance. The music curriculum standard puts forward that music teachers should use the application of various teaching methods in teaching activities to mobilize students' interest in subject learning, expand students' knowledge vision and realize the cultivation of students' comprehensive quality. Aiming at the teaching method of improving students' comprehensive quality in music teaching, while improving the music quality, promote the development of students' comprehensive quality and alleviate the symptoms of students' behavior disorders.

Objective: With the gradual rise of education in the country, students will be exposed to multi-disciplinary knowledge since the primary school stage, and the school also pays enough attention to the cultivation of students' comprehensive ability and is committed to promoting the all-round development of talents. Music culture covers many aspects of knowledge. If music culture is integrated with music teaching activities, it can not only help students cultivate their music literacy, but also help students deeply understand the country's traditional culture, promote the formation of students' health values and world outlook, and promote the development of students' comprehensive quality.

Subjects and methods: Through the student office and grade counselors, 50 college students from different grades and majors were selected as the research objects through questionnaire survey, including 15 cases of mild anxiety, 25 cases of moderate anxiety and 10 cases of severe anxiety. 30 boys and 20 girls. age 18-24 years old. The teaching content of music class is to tell students the purpose, significance and methods of teaching intervention in music major courses in colleges and universities, let students choose their favorite music from the music library according to their hobbies, and professional vocal music teachers give vocal music guidance. During this period, students are encouraged to try more, never attack students, observe students' psychology and give professional suggestions in time. According to the results before and after the integration teaching intervention and the behavior observation records and treatment Diaries of these students, the music psychological intervention was tested by observation, feedback and comparison. Learn about their treatment effects from their counselors, surrounding classmates, relatives and friends.

Generally, due to the depressed mood of the students with behavioral disorders and the weak awareness of actively participating in music activities, we consider adopting the listening method in the early stage of intervention, and the real listening should be spiritual listening, not just rational listening. At the beginning, we can choose the music corresponding to the emotions of the students, let the students feel another emotion similar to their own experience in the music. Then choose narrative meditation music. Under the teacher's hint, let music help students realize the background of real depression. In the later stage, clear, open and positive music is generally selected. Let the students move towards a positive and optimistic situation with the music mood. In addition, reengineering can also be considered in the later stage. Guide the students to practice percussion, let them feel the tension and stimulation of rhythm, and achieve the purpose of relieving and stabilizing anxiety.

Results: According to the survey results, this study makes analysis and statistics from three aspects: whether students' emotions are stable, whether their mentality is gradually normal, whether communication is smooth and can actively communicate with others.

The test results are determined by quantifying the influence values of specific factors in three grades 1-3. 1 means irrelevant, 2 means general influence and 3 means great influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 50 college students are

taken and averaged, and the results are rounded. The specific statistical table is shown in Table 1.

Conclusions: The results show that the anxiety of the students after the intervention of music classroom teaching is generally significantly improved. Music is a special language, which has physiological, therapeutic, emotional, memory and other effects. It can adjust the physiological functions of respiratory, circulatory, endocrine and other systems. Its effects on people's psychology are complex and diverse. Music art appreciation can balance people's emotions, and the psychological intervention effect is good. The intervention of integrated teaching also further mobilized the willingness and enthusiasm of the students to actively participate in the intervention treatment, and promoted the students' active learning, which played a positive and effective role in preventing the recurrence of psychological disorders and facing the study and life with a better physical and mental state.

Table 1. Students' preference for traditional music

Group	Emotion	Mentality	Communicate
College student	3	3	2

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IMPACT OF COMMUNITY ELDERLY CARE SERVICE MODEL ON ELDERLY PSYCHIATRIC PATIENTS

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Background: Today, when the aging of population has become a general trend, the pension problem of the elderly is particularly prominent. Influenced by the traditional concept of providing for the aged and restricted by the level of productivity in China, the family also plays a leading role in the process of providing for the aged. Family providing for the aged is still the main way of providing for the aged in cities. However, due to the changes of modern family structure and people's lifestyle, the pension function of the family is weakening day by day, and the daily life needs of the elderly cannot be met. Moreover, because China has entered the stage of population aging under the condition of underdeveloped economy, the level of social welfare is not high, and social pension institutions cannot fully fill the shortage of family pension. Under such background conditions, the development of community has gradually become the support and carrier of various services. The status of community elderly care service in the old-age security system is becoming more and more important, and the urban community elderly care service is also booming. The development of community elderly care service is an objective requirement to adapt to the living habits and psychological characteristics of the elderly.

With the rapid development of economy and the accelerating pace of social life, the incidence rate of mental illness has been increasing. The speed of establishing and developing mental health service system in China has not kept pace with the rapid increase of the number of mental illnesses. With the increasingly serious aging problem and increasing social pressure in China, the pension problem of normal people has brought great pressure to the society. A large amount of financial and material resources may be far from meeting the rapidly growing population demand, not to mention this high-risk group. Restricted by their own economic level and the shortage of existing medical resources, many psychiatric patients are not qualified to receive systematic treatment, and there is no sound rehabilitation security system to help complete the follow-up treatment, resulting in the deterioration of their condition. In addition, with the increase of age, their body is aging and often suffering from other organic diseases, which makes their later life miserable. Because social pension institutions do not accept psychiatric patients, even if they do, they do not have professional medical staff to take care of them. During the onset of the disease, they can only rely on the hospitalization mode of specialized psychiatric hospitals to be alleviated as a temporary pension place. The development of specialized psychiatric hospitals has lagged behind for a long time, the loss of professional talents is serious, and the allocation of medical resources is scarce, which is not enough to bear the rapidly expanding demand for elderly care services for elderly patients with mental disorders. Therefore, it is urgent to expand and improve community elderly care services.