

**Objective:** College administrators mainly have anxiety about life, education and memory. In addition, influenced by the system, the career of college administrators also has some limitations. At present, the incentive system in colleges and universities is not perfect, which can easily lead to bad emotions and even anxiety among administrators. In order to effectively improve the problems in this regard, it is necessary to build a mental health guarantee mechanism for administrators in colleges and universities.

**Research objects and methods:** From the perspective of educational psychology, 100 administrative staff with anxiety symptoms in 5 universities were randomly selected. In view of the main causes of administrative staff's anxiety, we mainly started from improving the moral level and professional ability of administrative staff, and gradually weakened their administrative color by optimizing the organizational structure of colleges and universities, so that the functions of colleges and universities can really return to teaching and scientific research. After the intervention, the mental health status of administrative personnel was investigated by anxiety and depression survey scale. Evaluate the intervention effect according to the mental health status and satisfaction of administrative personnel, and then evaluate and improve the mental health guarantee mechanism of administrative personnel.

**Study design:** Administrative staff were randomly divided into experimental group and control group, with 50 people in each group. For the experimental group, educational psychology counseling was given to university administrators. The control group used conventional teaching methods. Two months after the intervention, the self-rating Anxiety Scale (SAS) was used to compare the anxiety of the two groups before and after the intervention.

**Methods:** The relevant data were calculated and counted by Excel software and SPSS 17.0 software.

**Results:** Before intervention, there was no significant difference in anxiety between the experimental group and the control group ( $P > 0.05$ ). After the experiment, the anxiety of the experimental group was significantly improved, and the number of administrative personnel with severe and moderate emotions decreased significantly ( $P < 0.05$ ), while that of the control group decreased, but there was no significant difference ( $P > 0.05$ ). The results are shown in Table 1.

**Table.1** Anxiety status of the two groups before and after the experiment (n/%)

Groups	Intervention time	Without anxiety	Mild Anxiety	Moderate anxiety	Severe anxiety
Experimental group	Before experiment	10(20.00)	25(50.00)	11(22.00)	4(8.00)
	After the experiment	30(60.00)	17(34.00)	3(6.00)	0(0.00)
Control group	Before experiment	12(24.00)	25(50.00)	10(20.00)	3(6.00)
	After the experiment	21(42.00)	19(38.00)	8(16.00)	2(4.00)

**Conclusions:** University administrators are responsible for the implementation of government education policies and the daily administration of colleges and universities. On the one hand, their anxiety comes from the uncertainty of their own work status and future career development. On the other hand, it comes from the psychological pressure brought by the existing incentive and assessment mechanism in colleges and universities. Therefore, the anxiety of university administrators should be paid enough attention, and the university administrators should jointly formulate countermeasures to provide more spiritual support for the administrators.

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## INTERVENTION OF COLLEGE MUSIC EDUCATION INTEGRATING CHINESE TRADITIONAL MUSIC ON STUDENTS' ANXIETY DISORDER

Kaiyi Long

*School of Film and Television Art, Hunan Mass Media Vocational and Technical College, Changsha 410100, China*

**Background:** As an effective way to realize the inheritance and development of Chinese traditional music and the promotion and publicity of traditional culture, the ultimate goal of music art education in colleges and universities is to cultivate music talents with both morality and art. Realizing the integration and inheritance of Chinese traditional music in college music education is the inevitable trend of the development of college Music Education under the background of the times. However, looking at the attention of major colleges and universities to traditional music teaching in China, it is not ideal to fit with the music teaching in colleges and universities, and there is a disconnect between the two. Therefore, it is

urgent to do a good job in the integration and inheritance of Chinese traditional music in music education in colleges and universities. In recent years, the incidence rate of anxiety disorders among college students has been increasing. There are many causes of college students' mental diseases, which are generally related to negative factors such as uncomfortable living environment and interpersonal communication obstacles, as well as psychological factors such as inferiority complex. Mental diseases can cause lesions in the gray matter structure of the brain, mainly manifested in the reduction or asymmetry of gray matter mass in the anterior cingulate gyrus, prefrontal lobe and right temporal lobe. At present, antipsychotic drug treatment is the first choice for the treatment of mental diseases of college students. Because college students are in the physiological stage of development, there will be cognitive immaturity, and then there will be resistance to treatment, which has caused certain difficulties in diagnosis and treatment. Therefore, the treatment of mental diseases of college students is more complex than that of adults. With the continuous progress of medicine, psychotherapy and various rehabilitation measures have been widely used in clinical practice and achieved good results. Therefore, exploring effective psychotherapy has become the focus of medical research.

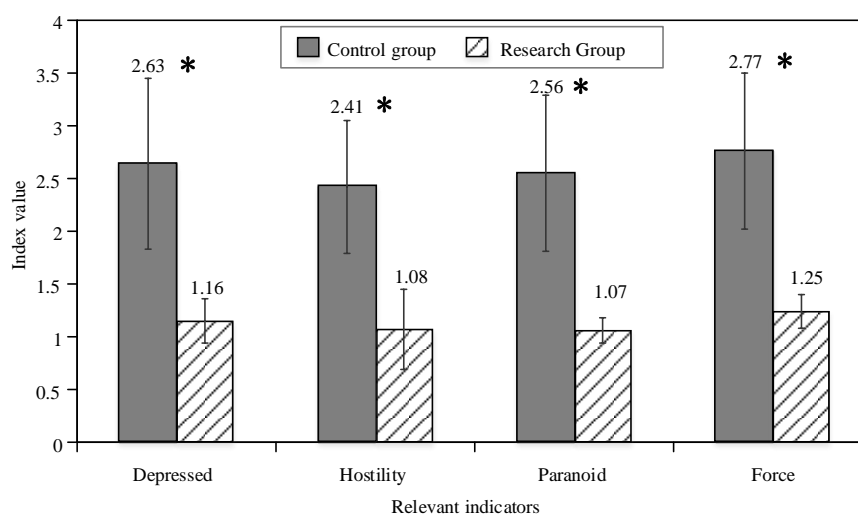
**Objective:** The first step in the treatment of mental diseases is health education to help students and parents understand what mental diseases are and how to diagnose the clinical symptoms, prognosis and recurrence of the disease in real time. It is necessary to carry out both drug treatment and rehabilitation training for patients with anxiety disorder. People pay more and more attention to the non-drug treatment of anxiety disorders. For example, in the process of helping patients with psychological rehabilitation, music therapy hopes that patients can improve cognitive and social functions while adhering to medication, so as to better promote patients' return to society.

**Subjects and methods:** 200 college students with anxiety symptoms were randomly selected. According to the main causes of college students' anxiety, patients were given a combination of receptive and participatory music therapy with Chinese characteristics, including active music therapy or passive music therapy, collective music therapy or individual music therapy.

**Research design:** Students were randomly divided into experimental group and control group, with 100 people in each group. The control group was given routine anxiety treatment, and the experimental group was given Chinese characteristic music treatment. Five months after the intervention, the anxiety of the two groups of college students before and after the intervention were compared. The intervention scale mainly used symptom checklist 90 (SCL-90) to judge the anxiety status of college students before and after the intervention of music therapy with Chinese characteristics.

**Methods:** The relevant data were calculated and counted by Excel software and SPSS 17.0 software.

**Results:** Symptom checklist 90 (SCL-90) was used to judge the anxiety status of college students in the two groups before and after the intervention. The results showed that the indexes of SCL-90 in the experimental group were significantly better than those in the control group ( $P < 0.05$ ). It shows that music therapy with Chinese characteristics can effectively improve patients' anxiety and depression, which belongs to a safe and rapid method to improve college students' anxiety and depression. See Figure 1.



**Figure 1.** Anxiety status of two groups of students before and after the experiment

**Conclusions:** As an artistic treasure condensed in the historical development, Chinese traditional music is the artistic display and musical expression of national emotion and culture. With the development of history and the deepening of music teaching reform in colleges and universities, traditional music will

become an effective way for music education to realize teaching charm. Therefore, college students' anxiety needs to be paid enough attention. In the process of helping patients with psychological rehabilitation, the music therapy program with Chinese characteristics hopes that patients can improve their cognitive and social functions while adhering to medication and return to society as soon as possible.

**Acknowledgement:** The research is supported by: Basic project of Philosophy and Social Science of Hunan Province, Research on inheritance and innovation of Traditional music culture in Suining under the background of integrated development of cultural tourism, (NO. 18WTC28).

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## INFLUENCE OF COLLEGE AEROBICS TRAINING ON MENTAL HEALTH PROMOTION OF COLLEGE STUDENTS

Li Shang

*Physical Culture Institute, Xianyang Normal University, Xianyang 712000, China*

**Background:** College students are in the key period of personality formation. Their psychological development is not mature and lacks the discipline of social life. Their psychological endurance is poor. Therefore, when dealing with the complicated problems of life, such as study, sociality, love, friendship and the relationship between individuals and society, they lack the ability of comprehensive trade-off. They can't control their feelings rationally, which often causes violent conflicts of psychological contradictions, imbalance in the process of psychological development, resulting in various psychological obstacles and even mental diseases. College students are full of hope for the future but are often underestimated the difficulties they may encounter in realizing their hopes. Therefore, the health of college students is a common concern in the world. In contemporary college students, quite a number of students have adverse psychological reactions and adaptation disorders, the incidence of psychological disorders has a certain proportion and upward trend. In particular, the proportion of malignant incidents caused by mental health problems has increased, and the psychological have obviously affected the healthy growth of some students. It is necessary for the development of the times to strengthen mental health education in colleges and universities, and it is also necessary for the all-round development of society.

**Objective:** Actively participate in fitness, not only to strengthen the body but also to regulate and promote the concept of mental health has become an important symbol of modern sports. Aerobics as a discipline has its particularity and subject characteristics, aerobics itself has a variety of functional attributes, people can expect to achieve the maximum benefits of physical and mental health. The good "fitness" effect of aerobics has been accepted by the public, especially aerobics, which adopts the most basic method of aerobics. On the one hand, it can exercise the body, strengthen the body, improve health, promote the all-round development of the body, and improve the ability of physical work. On the other hand, aerobics is in the musical accompaniment for all kinds of exercises as the basic form of movement. Studies have shown that music can control the excitability of brain cells, can have a positive impact on emotion. Beautiful music sound waves can act on the brain, accelerate the metabolism of human body, improve organ activity, and make people energetic and full of energy. The double effect of body-building aerobics is being proved by more and more modern sports scientific research institutes.

**Subjects and methods:** The subjects were 200 college students aged between 18 and 26. A total of 100 students were randomly selected as the experimental group, including 42 males and 58 females, all of whom participated in aerobics activities for more than one year. The control group was a group of randomly selected non-aerobics elective students, 40 boys and 60 girls. Symptom check List-90 (SCL-90) was selected as the investigation tool in this study. The scale consists of 9 factors and 90 items, involving somatic symptoms, interpersonal relationship, emotional status, living habits, diet and sleep, etc. Each question was scored on a five-point scale, and the higher the score, the lower the level of mental health. Conversely, it shows that the higher the level of mental health. The subjects were 200 college students aged between 18 and 26. A total of 100 students were randomly selected as the experimental group, including 42 males and 58 females, all of whom participated in aerobics activities for more than one year. The control group was a group of randomly selected non-aerobics elective students, 40 boys and 60 girls. Symptom check List-90 (SCL-90) was selected as the investigation tool in this study. The scale consists of 9 factors and 90 items, involving somatic symptoms, interpersonal relationship, emotional status, living habits, diet and sleep, etc. Each question was scored on a five-point scale, and the higher the score, the lower the level of mental health. Conversely, it shows that the higher the level of mental health.

**Results:** The results of this survey use the influence values of 1 to 5 grades and specific quantitative factors, 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating