

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.

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

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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

obvious influence, and 5 indicating full influence. In order to reduce the great error caused by individual subjectivity in the evaluation, the evaluation values of 100 experimental groups of students are adopted and the average values are obtained by rounding off the results. The specific statistical table is shown in Table 1.

Table 1. Psychological effects on agricultural product marketing

Factor	Physical condition	Mental state	Emotional state
Experimental group	5	5	4

Conclusions: Mental health is an important part of the modern concept of health. It is a necessary condition and basis for the all-round development of college students and an important guarantee for their growth. From the perspective of affecting college students' mental health, aerobics teaching has a unique effect compared with other courses because of its characteristics of "humanness", "nature", "rhythm", "innovation", "artistry" and "comprehensiveness".

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STUDY ON THE COLLABORATIVE EDUCATION STRATEGY OF IDEOLOGICAL AND POLITICAL EDUCATION BASED ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: The ideological and psychological problems of college students are increasingly arousing the concern and reflection of the whole society. Compared with the past, there are various problems in college students' thoughts: wavering on Marxist theory and socialist ideal; unclear understanding of international and domestic situation; hedonism and money worship; lack of self-protection consciousness. At the same time, the psychological condition is not satisfactory: the cases of hurting oneself and others due to college students' mental diseases and mental disorders often occur and tend to increase; college students commit suicide or cause injury or death to others, which brings great mental damage to students' families and at the same time has a great impact on colleges and universities and society. Therefore, the current moral education in colleges and universities is facing severe situation and challenge. Colleges and universities are charged with the glorious mission of training qualified builders and reliable successors of socialism with Chinese characteristics, which is both red and expert, with both ability and political integrity, and with all-round development. Education first, moral education first. Without the good foundation of moral education and the cultivation of correct "three views", it is impossible to cultivate innovative talents with all-round development of morality, intelligence, physique and labor. High-quality talents should not only have scientific, cultural and physical qualities, but also have good ideological and moral qualities and psychological qualities. To strengthen the ideological and political education and mental health education of college students is an urgent need to cultivate high-quality talents in the new period.

Objective: Ideological and political education is the traditional way of moral education in colleges and universities. Mental health education has not become a special field for a long time after the founding of New China. All the problems concerning students' thought, psychology and behavior are generally and largely involved in the field of ideological and political education. What we talk about is often to do "ideological and political work" for students, it seems that ideological and political education can solve all the ideological and psychological problems of students. But in the actual work, we will gradually find that if we trace back to the source of the problems of college students, a large part of them is caused by mental health problems, such as neurosis, personality disorder, adaptation disorder, etc. According to a survey of 126,000 college students nationwide, about 20.23% of college students have psychological disorders of varying degrees. In mental health education, according to the psychological characteristics and changes of college students, combined with the method of psychological education, is its superiority, but also more and more attention by the state.

Subjects and methods: Due to the independence and inseparable relationship between ideological and political education and mental health education, according to the synergy theory, colleges and universities shall, on the basis of giving full play to the respective advantages of ideological and political education and mental health education, actively tap the advantages of synergistic education, combine with each other,