

culture into various professional courses, and establish a comprehensive Chinese excellent culture education system. At the same time, we also need to improve the excellent traditional Chinese culture teaching materials. When compiling the teaching materials, we should pay attention to that the knowledge system should not be too general and abstract and superficial, but should meet the learning and life needs of college students, combine reality, integrate interest and knowledge, and attract college students to take the initiative to learn the contents of the teaching materials.

Objective: Due to the lack of culture and education and the interference of external information, contemporary college students are likely to have cognitive impairment symptoms in their study and life, which will have an impact on their normal study and life. This study explores the impact of Chinese excellent traditional culture on College Students' cognitive impairment, establishes another reference system for college students from the perspective of their own cognitive system construction, and helps college students establish a perfect cognitive system.

Subjects and methods: This study designs a questionnaire from different factors of cognitive impairment, and investigates the students with cognitive impairment tendency who have received excellent Chinese traditional culture education by distributing the questionnaire to explore the impact of excellent Chinese traditional culture education on cognitive impairment.

Study design: The content of the questionnaire is based on the dysfunctional status assessment scale (DAS), which divides cognitive impairment into 8 main factors. During the experiment, 160 questionnaires were distributed to college students with cognitive impairment tendency, and 147 valid questionnaires were successfully recovered, with an effective rate of 92%.

Methods: After successfully collecting effective data, this study uses Excel software to analyze the impact of Chinese excellent traditional culture education on College Students' cognitive impairment, and scores the impact results from 0 to 4 according to the five-level scoring method.

Results: The impact of Chinese excellent traditional culture education on College Students' cognitive impairment is shown in Table 1.

Table 1. Impact degree analysis table

Factor	Vulnerability	Attraction and repulsion	Perfection	Mandator y	Seek approval	Dependenc e	Autonomo us Attitude	Cognitive philosop hy
Degree of influence	3	4	3	4	2	2	4	4

Among the eight factors in Table 1, attraction and exclusion factors, compulsive factors, autonomous attitude and cognitive philosophy are the most significantly affected. The influence of seeking approval factors and dependence factors is the most general.

Conclusions: Chinese traditional culture has a long history. It has constantly carried out self-reflection and self-transformation in the historical test of generations. Now it has formed a perfect cultural system, which is an important link to maintain national unity and transmit national spirit. In the intervention process of college students' cognitive impairment, Chinese excellent traditional culture can provide college students with a reference system in the process of thinking, help college students connect external information with their own state, correct their self-cognition, form a perfect cognitive system, shape a sound personality, and then form a correct outlook on life and values. In the teaching process, we should improve the classroom content and teaching material content, narrow the gap between professional courses and general courses, and strengthen the application of Chinese excellent traditional culture in another professional knowledge. At the same time, when compiling teaching materials, we should pay attention to that the knowledge system should not be too general and should be connected with students' actual study and life, attract universities to actively participate in learning interaction.

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ANALYSIS ON THE IMPORTANCE OF GRASPING STUDENTS' ANXIETY PSYCHOLOGY IN VOCAL MUSIC SINGING TEACHING

Qin Zhou

Academy of Music, Guangzhou College of Technology and Business, Guangzhou 510850, China

Background: In ancient China, the word vocal music generally refers to music and all music related activities. In modern times, it refers to singing or singing art. With the rapid development of modern society and the gradual improvement of human living standards, vocal music singing is more and more favored by the masses. Unexpectedly, vocal music singing is a “recreation therapy” in music therapy. Music therapy is a new interdisciplinary subject integrating music, medicine and psychology. Music and music related activities play an important role in people’s life in the early stage of human labor and production. Vocal singing emphasizes not only listening to music, but also requiring people to participate in it. Vocal music singing has been widely used in the field of medicine and psychotherapy, and has achieved certain results in modern clinical treatment, which proves that vocal music singing can not only promote people’s physical health, but also have a great positive impact on mental health. As a way of expressing beauty, discovering beauty, appreciating beauty, expressing beauty and feeling beauty, vocal music singing can feel the author’s immediate mood and specific feelings in the process of work creation in the process of interpretation, and improve his own artistic quality while pursuing the feeling of expressiveness and artistic appeal, so that people are infected and influenced by the artistic environment in long-term learning and practice. It greatly improves one’s overall quality.

Anxiety is a feeling intertwined by tension, anxiety, anxiety, worry and fear. It is a complex emotional response in a state of helplessness and disorder. Due to the change of roles after entering the University, the influence of the social environment and the characteristics of college students’ psychological development, many college students have varying degrees of anxiety. A survey on the relationship between college students’ self-efficacy, self-esteem and depression shows that about 10% - 40% of college students have varying degrees of psychological discomfort, and anxiety is the most common psychological problem. Moderate anxiety may have a certain positive significance, but long-term and persistent anxiety will affect people’s work, study and even health. Anxiety is gradually becoming an important factor affecting college students’ mental health. Understanding the psychological development characteristics of college students and paying attention to their anxiety when facing problems is of great significance to the study of their mental health.

Objective: In order to improve the anxiety level of college students, alleviate their anxiety symptoms and improve their mental health level, this paper studies and puts forward a vocal music singing teaching method to intervene college students’ psychological anxiety, in order to provide guiding suggestions for the alleviation of college students’ anxiety disorder and help them build a good psychological condition.

Subjects and methods: 342 college students with different levels of anxiety in a university were selected to analyze the anxiety status of college students and explore its influencing mechanism through the combination of Self-rating Anxiety Scale (SAS) and interview survey.

Study design: The subjects were divided into experimental group and control group. The control group received general mental health education. The experimental group received psychotherapy intervention under vocal music singing teaching by means of vocal music practice and practical performance. At the end of the three-month experiment, the SAS scale score and interview results were used to collect and evaluate the anxiety psychology and anxiety level of college students. 342 questionnaires were collected, 10 invalid questionnaires were excluded, and 332 valid questionnaires remained, with an effective rate of 97.07%.

Methods: The anxiety level and symptoms of students before and after the intervention of vocal music teaching methods were statistically analyzed with the help of social statistical analysis tool spass20.0.

Results: The psychological intervention results of vocal music singing teaching method show that the anxiety of college students has been significantly improved. The SAS scores of the two groups of students are significantly different before and after the experiment, and the scores are statistically significant. The SAS scores of the two groups of students before and after the vocal music singing teaching intervention are shown in Figure 1.

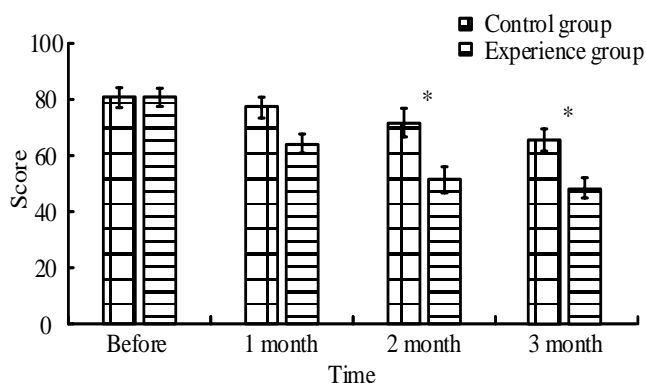


Figure 1. SAS scores of two groups of students before and after vocal music teaching intervention

Conclusions: Health is particularly important for modern people. Modern people's view of health refers to a person's overall health in good physical, mental and social conditions. Physical health and mental state affect and contact each other. Modern healthy life not only needs a comfortable and harmonious external environment, but also needs self-regulation. Vocal music singing, as a creative music therapy in music therapy, can effectively alleviate students' anxiety and symptoms and improve their mental health level by combining music and practice. This special art form is loved by more and more people because of its direct and simple form, and it also has good therapeutic effect as a way of psychological intervention.

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APPLICATION OF ART TEACHING IN MENTAL HEALTH EDUCATION UNDER THE BACKGROUND OF BIG DATA

Shucheng Wu

Academy of Fine Arts, Xianyang Normal University, Xianyang 712000, China

Background: In the context of BD, art education not only teaches students art knowledge, but also pays attention to cultivating their innovative consciousness and practical ability. MHE in colleges and universities pays attention to the development dynamics of college students' ideological and psychological levels, which is of great benefit to the improvement of college students' personality and healthy growth. And art courses are closely related to psychological emotions. For this reason, MHE for students can be carried out from teaching. This article studies the application of AT in MHE from the background of BD is a move worth trying.

Study design: The arrival of big data (BD) has brought new experiences to people, and has also changed our lifestyles, thinking patterns, and behavior habits. Fine arts are an art subject centered on aesthetics. The course can be said to be very related to personal emotions. To this end, this article uses the background of BD to conduct in-depth research on the psychological education of art teaching (AT), which is intended to improve students' ideological awareness and protect their mental health. This article mainly uses questionnaire survey method and statistical method to analyze the application of teachers and students in AT in mental health education (MHE). The survey results show that 50% of people want to use BD for AT. Moreover, 14% more people think that AT has a positive impact on MHE than those who have a negative impact. Therefore, it is a good choice to integrate psychological education into AT.

This article first studies the learning of AT in the context of BD. Secondly, it studies the cognition of college students on AT. Then elaborate the meaning of art education to mental health. Finally, the relationship between AT and MHE is studied through questionnaire surveys, and conclusions are drawn.

Subjects and methods: Application of art teaching in mental health education under the background of big data.

(1) Study of art teaching. The learning process of AT is a stage of gradual progress, gradual deepening and continuous strengthening. In this process, teachers should make full use of the rich, diverse and time-sensitive characteristics of the BD platform to guide students to create independently. The study of art education is mainly through the teachers in the classroom teaching to guide the students, so that they can complete tasks with their classmates and teachers after class. The traditional "cracking duck" teaching method tends to cause tension between many teachers and students.

(2) College students' cognition of art teaching. In the era of BD, great changes have taken place in the teaching content, methods, and methods of art courses. The traditional classroom teaching method combining teacher teaching and students' listening can no longer satisfy college students' interest in art learning. "BD" is a brand-new concept.

Results: Analysis of the results of investigation on the application of art teaching in mental health education.

(1) Attitudes of students and teachers to art teaching methods. According to the questionnaire survey, AT methods are mainly divided into written teaching, Internet teaching, situational teaching and practical teaching. Students and teachers have different attitudes towards these methods. The specific situation is shown in Table 1:

(2) Analysis of the role of art teaching in mental health education

According to the questionnaire survey, the role of AT in MHE is mainly divided into positive influence, negative influence, influence and no influence. Students and teachers agree, disagree, and indifferent to these views. The specific situation is shown in Table 2:

Conclusions: The art course is a new subject combined with traditional teaching. In this process, we should not only pay attention to the students' basic knowledge mastery, space concept and time concept,