

self-positioning will directly lead to over-evaluation or under-evaluation, which will lead to self-esteem or inferiority complex. At the same time, the defect of self-character will also lead to self-cognition disorder of college students, which will affect their study, life and work and cause unnecessary losses and influences.

Objective: In order to better explore the causes and performance mechanism of students' cognitive impairment in learning, an innovative teaching model is proposed to analyze the influencing factors of students' cognitive impairment with the help of tourism teaching courses in colleges and universities, so as to alleviate the symptoms of students' cognitive impairment and provide targeted guidance suggestions for them.

Research objects and methods: The research selects 300 students in different grades of tourism major in a university as the research object, adopts statistical analysis method, designs questionnaires with the help of self-assessment scale of problem-based learning (SSPBL), and analyzes students' performance and self-assessment under different classroom teaching models by combining classroom test papers.

Methods: The experimental subjects were divided into experimental group and control group. The control group was taught by ordinary tourism courses, while the control group was taught by the combination of "digital teaching and practical teaching". With the help of the scores of questionnaires and test papers, the relief of students' self-cognitive barriers in different teaching modes was evaluated. The total number of returned questionnaires and valid questionnaires were 298 and 295, and the questionnaire effective rate was 98.99%.

Excel was used to statistically analyze the scores of students' scales before and after the implementation of the teaching model.

Results: The application of "digital teaching practical teaching" in college tourism teaching mode has greatly improved students' classroom performance and learning effect, and students' self-evaluation is more objective and reasonable, with less self-esteem and inferiority complex, so that they can better evaluate themselves, and the symptoms of cognitive impairment have been alleviated. Moreover, there are significant statistical differences in SSPBL scores of students in different teaching modes. Table 1 shows the statistical results of the scores of the two groups in the dimension of cognitive impairment.

Table 1. Statistical results of the scores of the two groups in the dimension of cognitive impairment

Experimental grouping	Teaching methods	Language disorder	Dysmnesia	Learning involvement disorder
Experiment group	The reformed teaching plan	10.03±12.45	8.24±1.26	5.32±0.15
Control group	General teaching scheme	14.11±13.22	10.39±5.47	12.56±4.37

Conclusion: Under the background of "double innovation", how to choose appropriate teaching methods for tourism management major in undergraduate colleges and universities and cultivate high-quality talents for the society are the key problems faced by current education. How to base on the current market development environment, change teaching ideas and cultivate professional talents to contribute to the development of modern tourism industry is a problem that colleges and universities have to think about. Innovative tourism teaching mode makes students' evaluation of themselves gradually objective and correct through the optimization and integration of courses and comprehensive coverage of contents. To a certain extent, it alleviates the emotional fluctuation caused by students' cognitive disorder, and also improves students' learning ability and self-cognition level, thus ensuring the steady progress of teaching quality and teaching objectives, cultivating advanced applied talents for the society and promoting the development of tourism industry.

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ON THE PSYCHOLOGICAL ADJUSTMENT OF WIND INSTRUMENT PLAYERS

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Background: Players provide more color potential for music creation. Inspiration is not a gift from God, nor will it suddenly come on the stage after mechanical practice. We should not only be intoxicated with the beauty of music, but should strive to explore the causes of her beauty, understand its rules and connotation, rationally understand it, and reasonably regulate emotions during interpretation, so as to burst out the spark of inspiration.

Subjects and methods: Being too aware of the existence of the audience is one of the dangers of performing on the stage. Do not have a strong attempt to expect the music to achieve a certain effect, nor do you want to please the audience. The best way of communication between the performer and the audience is that once the performer starts playing, he will forget the existence of the audience. Only when the performer focuses on the music can he achieve the best music performance effect.

Study design: Wind instruments are played by vibrating objects excited by air flow, During the performance, the performer adjusts his breathing, nerve and psychological consciousness reasonably and consciously, it can make the performance of wind instruments smoothly in a healthy physical and mental state, it can also ensure that the artistic level of musical instrument performance has been continuously improved. In artistic practice, when the player plays, Due to the lack of necessary physical and psychological training, there will be muscle spasms and physical tension. If this spasm and tension occurs in oral organs, it will dry people's mouth, Mouth deformation. The tongue is so stiff that it is unable to make sound reasonably. If it happens in the respiratory organs, it will reduce the contractile capacity of respiratory tissue or muscle, resulting in decreased lung capacity, especially diaphragmatic membrane and other muscle and nerve activity disorders related to respiration, it may destroy the normal activity of breathing. If it happens at hand, your hands will be stiff, Decrease the finger movement and control ability. If it occurs in the spinal cord, cervical root or shoulder, will change the playing posture, clumsy and inaccurate movements. In severe cases, they can't even play. The effective way to overcome muscle tension is to consciously train yourself through physical and psychological training, it enables the muscle to have the control of relaxation adjustment according to the needs of blowing activities.

Methods of statistical analysis: Psychology is the brain's reflection of reality. It is the thought activity produced by external stimulation on the brain. Any kind of psychological activity, no matter how complicated it is, both have positive consciousness and initiative. The psychological activity of wind instrument playing is also the reflection of the player's brain on the playing activity, and in this psychological activity. The coordinated action of central nervous system and peripheral nervous system plays an important role in the formation of healthy psychological activities. Look the other way around, Healthy psychological activities can promote the coordinated action of central nervous system and peripheral nervous system. Mental health or mental health for wind instrument players, should have the following conditions: self-confidence and love their professional choice, study hard and master professional theoretical knowledge and performance skills comprehensively. Eliminate the thought of eager for quick success and instant benefit, hard exploration on the long and arduous road of artistic practice, have ideal and ambition to gradually realize their artist dream. We should make full use of good mentality and self-control to face success and setbacks in our career, build a defense mechanism against all external pressures. Be good at developing one's own strengths in artistic creation, overcome the shortcomings, never tolerate what should be abandoned, what should be enriched should go all out, be kind to your peers, accept the reality without distorting things and be selfless in sympathy and helping others. Master the frontier trends of scientific development of the discipline, constantly update knowledge, Inherit and develop the theory of the discipline in the combination of theory and practice. Pay attention to the health care of each body that makes sound and creates sound in blowing activities, it helps to achieve a healthy body and an optimistic mental state.

Results: First, establish an optimistic and healthy artistic concept, Overcome negative performance motivation. Second, Build self-confidence, Master relaxation skills. Third, Overcome the negative factors that are not conducive to performance activities, adapt to the objective environment of performance.

Conclusions: No performance represents the end of the road, because it is the beginning of another new performance. It is not only the accumulation of all previous performance achievements, but also the prelude to the next performance. Every performance must enable the player to gain further understanding. For a performer. It is important not only to study a work by intuition and subconsciousness, but also to observe and digest the different factors used by composers in their works. So as to carry out psychological regulation in the interpretation of works and really explore the way of recreation.

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RESEARCH ON THE PATH OF IDEOLOGICAL AND POLITICAL CONSTRUCTION OF COLLEGE ENGLISH CURRICULUM FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: In 2020, the Ministry of Education issued the guiding outline for curriculum ideological and