

**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

political construction in colleges and universities, emphasizing that curriculum ideological and political construction should be comprehensively promoted in all colleges and universities and all disciplines, focusing on the core point of comprehensively improving talent training ability, and optimizing the supply of curriculum ideological and political content around political identity, family and country feelings, cultural quality, constitutional and legal awareness, moral cultivation, etc. Promoting curriculum ideological and political construction in foreign language majors in colleges and universities is not only an effective way to integrate value guidance with knowledge teaching and ability training, realize the whole process and all-round education of all staff and run a socialist university in the new era, but also an important means to cultivate builders with both morality and ability for national rejuvenation and family strength.

**Subjects and methods:** Positive psychology provides a new idea for the teaching of Ideological and political theory in colleges and universities. Applying the research results of positive psychology to the teaching of Ideological and political theory can improve the pertinence, effectiveness, persuasion and appeal of Ideological and political theory, and make it a course that college students really love and benefit all their life: First, improve the teaching concept and adhere to people-oriented. Second, change the teaching attitude and display the charm of teachers. Third, reform the teaching mode and cultivate students' ability.

**Study design:** In college English teaching, we should carry out ideological and political curriculum, go hand in hand with ideological and political curriculum, and form the educational concept and curriculum view of joint education. This paper analyzes the necessity and feasibility of implementing curriculum ideological and political education in college English teaching, and probes into the implementation ways of college English curriculum ideological and political education from the aspects of improving college English teachers' ability to establish morality and cultivate people, deeply excavating and transforming the elements of college English curriculum ideological and political education, adopting flexible methods to implement curriculum ideological and political education in classroom teaching, and expanding the second classroom, Promote the all-round development of students.

**Methods of statistical analysis:** Teachers' ideological and political awareness is insufficient. In the current college English teaching process, teachers focus on the explanation of English language and cultural knowledge, and take cultivating students' language skills and cross-cultural communicative competence as the primary task of English teaching. From basic English teaching to professional English teaching, the focus of all teaching is to improve students' practical application ability of English language. Therefore, in the process of practical teaching, English teachers pay great attention to improving their English knowledge literacy and teaching level, so as to improve students' comprehensive ability. However, it ignores the ideological and political education function of English courses. Even many English teachers believe that ideological and political courses usually set up independent subject teaching, which has nothing to do with English course teaching. Therefore, it is not necessary to undertake the important task of students' ideological education, which leads to the strong utilitarianism of English course teaching in colleges and universities, that is, helping students accumulate language knowledge, then pass the grade examination.

**Results:** English teachers need to have more perfect ideological and political quality. Teachers must carry out continuous learning and implement the spirit of the 19th National Congress of the Communist Party of China and various principles and policies in teaching, of which the most critical is the policies related to education and teachers. In practical work, teachers must strengthen their faith, improve their theoretical basis, set an example, attract and influence students through noble personality, and obtain their trust. Only in this way can they arouse students' emotional resonance, generate moral emotions in their hearts, and establish positive ideals and beliefs. Therefore, English teachers must strengthen their socialist position from beginning to end and clarify their important responsibilities as educators. English teaching is bound to be influenced by Western ideology and culture.

**Conclusions:** With the continuous development of Ideological and political education in colleges and universities in China, according to the requirements of the Ministry of education, the education and teaching reform aimed at "curriculum thinking and politics" is a new task and goal faced by colleges and universities all over the country. However, at present, the function of Ideological and political education in college English teaching has not been fully excavated and fully practiced. How to skillfully and effectively integrate ideological and political elements into college English teaching still needs teachers' continuous exploration and practice. College English teachers need to constantly improve their self-cultivation, transfer positive energy to students and teach correct world outlook, outlook on life and values.

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## CULTURAL CREATION DESIGN OF HORSE CULTURE ELEMENTS BASED ON PSYCHOLOGICAL PERSPECTIVE