

health education, hold lectures on psychological knowledge, and strengthen the construction of psychological counseling teachers. Strengthen the construction of university campus culture, create a good campus environment, hold rich and colorful campus activities, provide students with a good learning atmosphere, strengthen communication and exchange with students, pay attention to students when they are found to have bad emotions, help college students relieve psychological pressure and improve students' mental health level. Secondly, parents should establish a scientific concept of family education, often communicate with their children, create a warm and harmonious family atmosphere for their children, give their children more respect and understanding, and try to avoid negative educational methods such as punishment and denial. Finally, students need to develop a good lifestyle, eat reasonably, arrange their work and rest reasonably, and ensure 6 - 8h sleep time every day. If conditions permit, it is best to take a nap for half an hour to ensure good and sufficient sleep. Also need to regulate their own bad emotions. On the other hand, students should correctly understand and evaluate themselves, be good at discovering their own advantages, establish self-confidence, and formulate feasible life and learning goals according to their actual ability. Actively participate in school activities, broaden the scope of interpersonal communication and strengthen interpersonal communication ability. When encountering psychological problems that cannot be adjusted by themselves, they should seek the help of psychological counseling institutions in time.

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ANALYSIS ON THE EFFECT OF COLLEGE MUSIC TEACHING ON ALLEVIATING COLLEGE STUDENTS' BEHAVIOR OBSTACLES FROM THE PERSPECTIVE OF MULTIPLE INTEGRATION

Ying Wu

College of Music, Guangxi Normal University, Guilin 541006, China

Background: At present, there are some special groups in university campuses, namely students with behavioral disorders. Behavioral disorder refers to the obvious abnormality of individual behavioral activities, which is the result of various psychological process disorders. There are many causes of College Students' behavior disorders. According to the performance of patients, they are generally divided into psychomotor inhibition and psychomotor excitement. Psychomotor excitement also refers to behavioral excitement. Patients generally show an increase in behavior and action. If the situation is coordinated with the patient's emotion and psychology, and the movements of the patient's limbs or other parts of the body are also coordinated, it is called coordinated excitement, such as excitement during emotional excitement, excitement during mild mania, etc. If the patient's psychology and emotion do not match and coordinate with the patient's behavior, it is called uncoordinated excitement, such as schizophrenic patients. Psychomotor inhibition refers to a significant reduction in patients' actions and behaviors. If this situation affects daily life and work, it is morbid. There are six common types of psychomotor inhibition, namely, movement stiffness, wax flexion, disobedience, loss of use, loss of writing, miscalculation, etc. College Students' behavior disorders are mostly caused by psychological disorders. Therefore, finding a way to release college students' inner emotions and alleviate their negative emotions is of great significance to alleviate college students' behavior disorders.

It has been proved clinically that music therapy has a good intervention effect on patients with depression or anxiety, and can significantly alleviate the degree of anxiety and depression. Therefore, college music teaching is an effective way to alleviate students' negative emotions. Today, with the popularization of quality education, music education in colleges and universities has been paid more and more attention. It plays an important role in the cultivation of pupils' aesthetic, humanistic feelings and comprehensive quality. However, the current college music teaching mode is still relatively single, which is difficult to meet the current music teaching needs, and cannot alleviate students' negative emotions, so as to alleviate college students' behavior barriers. Therefore, the current college music teaching mode still needs to be improved and optimized. Based on the perspective of multi-integration, this paper puts forward some strategies, that is, strengthening the construction of multi-cultural music education system, and then strengthening the transformation of their own educational ideas. Strengthen the cultivation of professional quality of music teachers in colleges and universities, make teachers understand the key effect of multi-cultural integration on music education, and form new teaching ideas. Strengthen the cultivation of students' awareness of music communication, make more communication between teachers and students, students and students, improve the music atmosphere, and fully mobilize students' enthusiasm and initiative. Improving and optimizing the music teaching mode in colleges and universities from the

perspective of multiple integration can effectively improve the effect of music teaching in colleges and universities, give play to the role of music teaching in alleviating students' negative emotions, and then reduce students' psychological barriers and alleviate college students' behavioral barriers, which is of great significance to college students' physical and mental health and long-term development, It also plays a certain role in the harmonious development of society.

Objective: College students' behavior disorders are mostly caused by psychological disorders. Therefore, finding a way to release college students' inner emotions and alleviate their negative emotions is of great significance to alleviate college students' behavior disorders. Research on the improvement and optimization of music teaching mode in Colleges and universities from the perspective of multiple integration can effectively improve the effect of music teaching in Colleges and universities, give play to the role of music teaching in alleviating students' negative emotions, and then reduce students' psychological barriers and alleviate college students' behavioral barriers, which is of great significance to college students' physical and mental health and long-term development, It also plays a certain role in the harmonious development of society.

Research objects and methods: 120 students from 5 universities were selected as the research objects, including 59 boys and 61 girls, aged 19 - 25 years, from 8 different majors. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and symptom checklist 90 (SCL-90) were used to evaluate students' mental health; The mild behavior disorder scale (MBI-c) was used to evaluate the degree of students' behavior disorder.

Study design: Students were randomly divided into study group and control group by random number method, with 60 people in each group. Among them, the research group adopted the improved college music teaching mode for music teaching. The control group used the traditional college music teaching mode for music teaching. After 4 months of teaching, the psychological status and behavioral disorder of the two groups were compared.

Methods: The relevant data were processed and analyzed by SPSS 23.0 software.

Results: After 4 months of teaching, the SAS scores, SDS scores and SCL-90 scores of the students in the study group were significantly lower than those before teaching ($P < 0.05$). Compared with the students in the control group before teaching, there was no significant change ($P > 0.05$), and it was significantly higher than that in the research group ($P < 0.05$). The MBI-c scores of the two groups are shown in Table 1.

Table 1. MBI-c scores of two groups of students

Timing	Communication ability score		<i>t</i>	<i>P</i>
	Research Group	Control group		
Before teaching	57.1±10.2	56.4±11.1	0.246	0.752
After Teaching	85.3±8.4	57.9±12.4	8.572	0.001
<i>t</i>	8.72	0.453	-	-
<i>P</i>	0.001	0.654	-	-

Conclusions: College students' behavior disorders are mostly caused by psychological disorders. Therefore, finding a way to release college students' inner emotions and alleviate their negative emotions is of great significance to alleviate college students' behavior disorders. It has been proved clinically that music therapy has a good intervention effect on patients with depression or anxiety, and can significantly alleviate the degree of anxiety and depression. Therefore, college music teaching is an effective way to alleviate students' negative emotions. Research on the improvement and optimization of music teaching mode in colleges and universities from the perspective of multiple integration can effectively improve the effect of music teaching in colleges and universities, give play to the role of music teaching in alleviating students' negative emotions, and then reduce students' psychological barriers and alleviate college students' behavioral barriers, which is of great significance to college students' physical and mental health and long-term development, It also plays a certain role in the harmonious development of society.

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ANALYSIS OF THINKING LOGIC OBSTACLES OF COLLEGE STUDENTS IN COMPUTER LEARNING

Min Li

College of Computer and Information Technology, Henan Finance University, Zhengzhou 451464, China