

focuses on the activists and helps them eliminate the negative emotions and psychological conflicts accumulated in their hearts through art. Adjust college students' cognition through artistic means, reorganize their psychological experience, and understand the essence of life and the meaning of self life with a positive, reasonable and constructive attitude. This paper summarizes several art therapies that are widely used at present, and probes into their preliminary application in mental health education in Colleges and universities.

**Key words:** college students' mental health - art therapy - curriculum reform

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## THE INFLUENCE OF COLLEGE MUSIC EDUCATION ON STUDENTS' EMOTION AND EMOTION

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With the advent of the era of information explosion, contemporary college students will face a lot of choices and psychological pressure. Due to the poor ability to adapt to the environment, college students show serious anxiety in many aspects. How to alleviate students' bad psychological emotions has also become an important part of psychological education in Colleges and universities. Music is the language that dominates people's mind. Music language is the form of expressing emotion, which makes music an important field of people's emotional activities. The emotional characteristics of music have an important influence and promotion on the emotional development of college students. Music therapy has become a new method of psychotherapy. It is an applied discipline intersecting music pedagogy and psychology, which breaks the traditional consultation mode and is more suitable for application in Colleges and universities. Therefore, for college students, the development of college music education is also conducive to its positive impact, and plays a positive guiding role in students' emotion and emotion. This paper discusses and analyzes the influence of music education on students' emotion and psychological emotion.

**Key words:** music education - emotion of college students - psychology

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## APPLICATION OF PAINTING ART EXPRESSION IN COLLEGE STUDENTS' MENTAL AND MENTAL HEALTH EDUCATION

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Painting art expression originates from expressive art therapy. It is through painting as a carrier to guide individuals to self exploration, real expression and deepen experience, so as to promote individual growth and development. At present, the dual pressure of employment and study makes college students face invisible psychological pressure, which is in urgent need of effective psychotherapy. The application of painting art expression in college psychological classroom is conducive to promoting students' self exploration, expressing emotion and deepening experience and feeling. Art and psychology are two different kinds of disciplines. Nowadays, society is becoming more and more diversified, and the intersection and integration of multiple disciplines have attracted more and more attention. Painting art expression can be used in the daily life practice of college students, and plays a very important role in improving and treating college students' psychological problems, which has also become a novel and unique treatment method in psychotherapy. This paper aims to explore the application of painting art

expression in college students' mental and mental health education through research and investigation, in order to promote the healthy development of College Students' body and mind.

**Key words:** painting art expression - art therapy - college students' mental health education - psychology

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## **STUDY ON THE PSYCHOLOGICAL INTERVENTION EFFECT OF MUSIC THERAPY ON "PERFORMANCE ANXIETY"**

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Focusing on the present, art has become an indispensable part of daily life. Talent training in art colleges has also become an important work at present, but teachers do not pay enough attention to students' mental health education, resulting in more and more students' "performance anxiety". Once facing a major occasion, there will be anxiety and tension, and there will be a serious psychological imbalance. Music is the great spiritual food of mankind. It gives people a feeling of beauty and affects people's thoughts and behaviors. Music therapy has gradually replaced the traditional Q & A psychological counseling with its harmless, simple and relaxed characteristics, and has become an important means to alleviate "performance anxiety" gradually valued by people. If many excellent students give up the stage and ideal because of "performance anxiety", it will not only affect their own mental health development, but also a loss to the school and society. Therefore, we must strengthen the research and discussion of music therapy, give full play to the role of music therapy in alleviating "performance anxiety", and cultivate more excellent artists and performers.

**Key words:** music therapy - performance anxiety - psychological intervention

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## **THE THEORETICAL MODEL CONSTRUCTION OF CROSS-CULTURAL PSYCHOLOGICAL ADAPTATION OF SOUTHEAST ASIAN STUDENTS**

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The development of economic globalization has brought about the gradual globalization of cultural exchanges. More and more students begin to choose to go abroad and study in foreign countries. Southeast Asian countries have frequent economic and cultural exchanges with China because of their geographical proximity to China. This makes the people of Southeast Asian countries have a strong interest in Chinese culture. Coupled with the continuous improvement of China's international influence, the scale of overseas students from Southeast Asian countries is also expanding. When people enter another cultural situation from one culture, under the influence of the original culture, individuals will show maladjustment in both behavior and psychology. The increasing number of Southeast Asian students has led some scholars to study the cross-cultural psychological adaptation of Southeast Asian students. This paper proposes to build a theoretical model of psychological adaptation of Southeast Asian students, and puts forward some application suggestions for a more comprehensive understanding of the psychological adaptation of Southeast Asian students. This paper investigates and analyzes the cross-cultural adaptation of foreign