

3) Pay the greatest attention to the differences in the needs of college students. There are no two identical leaves or two identical people in the world. Differences are common. The key to the difference of college students lies in the difference of personality. The method adopted in our current ideological and political education is group education, that is, class sharing, unified teaching methods, unified learning contents, and even the textbooks used are unified national textbooks. Such a neat and uniform education model only pays attention to the cultivation of students' commonness, but greatly ignores the cultivation of personality. But in fact, people's personality is extremely important. It is people's internal regulation and the source of social innovation and development. Without personality, there is no colorful life world, and there is no rapid social development. Therefore, ideological and political education should pay attention to students' personality to the greatest extent, pay attention to the needs of each student, carry out effective personalized education, and enhance the pertinence and effectiveness of Ideological and political education.

Conclusions: In the new era, with the changes of social environment, the psychological state of contemporary college students is changing with each passing day. We should keep pace with the times, fully understand the correlation between psychology and ideological and political education, constantly explore in practice, follow objective laws, establish a long-term mechanism, and organically combine ideological and political education with the application of psychology, Then improve the level of College Students' Ideological and political education, constantly enhance the effectiveness of College Students' Ideological and political education, and push the ideological and political education of colleges and universities to a higher and newer level.

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RESEARCH ON THE USE OF MUSIC THERAPY IN STUDENTS' MENTAL HEALTH EDUCATION

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Background: At the stage of higher education, college students' psychology and physiology are not yet mature, but they have high sensitivity and perception, are highly sensitive to the changes of the objective world, and their psychological quality is poor, which is easy to go to extremes. From the current situation of College Students' mental health education, many colleges and universities do not attach great importance to this work, which leads to the immature psychological development of many college students and their very weak compressive ability, which has a negative impact on the physical and mental health development of college students. Relevant experts and scholars put forward that the application of music therapy to college students' mental health education is conducive to improve the quality of education and guide college students to maintain a healthy state of mind. Therefore, it is necessary for relevant personnel to make an in-depth analysis of its role in order to give full play to its application advantages and promote the development process of mental health education in Colleges and universities.

Objective: Music therapy, also known as music therapy, is a marginal interdisciplinary subject integrating music, medicine and psychology. There are different opinions on the definition of music therapy in different countries. At present, the most authoritative definition should be the definition proposed by Dr. bruxia, a famous American music therapist, former president of American Music Therapy Association and professor of Temple University: "Music therapy is a systematic intervention process. In this process, the therapist uses various forms of music experience and the therapeutic relationship developed in the treatment process as the driving force of treatment to help the treated object achieve the purpose of health.

Subjects and methods: 1. *Alleviate college students' bad emotions.* The development direction of College Students' mental health is directly related to emotional changes. Emotion is an important source affecting college students' psychological changes. Music therapy can effectively alleviate college students' negative psychological emotions and has an important impact on College Students' mental health education. In music therapy, when facing students with great psychological pressure, teachers often do not choose to play soothing light music, but will choose to play music with low melody and full of sadness to stimulate the psychology of college students, so that college students can fully vent their bad emotions and release their depressed emotions under the stimulation of music. When college students vent their inner haze, students' mood will change in a good direction. At this time, teachers can play some soothing

or positive energy music according to students' emotional changes in time, so that students can more easily accept positive music therapy, change their mood in a positive direction, and help college students get rid of psychological problems. It can be seen that music therapy can help college students get out of their psychological difficulties, make college students put aside their bad emotions under the infection of music, make college students' psychological state develop from pessimism to positivity, step by step towards a good direction, and make college students get a new life in spirit.

2. *Music therapy can help college students relieve pressure.* As a group about to enter the society, college students are bound to face pressure from all aspects, which makes college students extremely prone to anxiety and produce great negative emotions. In the face of academic pressure and employment pressure, students' character will gradually change from extroversion to introversion, which makes some college students have psychological problems, which is very unfavorable to college students' personal development. Music has always been a project loved by college students. When carrying out mental health education for college students, teachers can reasonably select music types according to college students' psychological problems and urgent problems, and skillfully run through music in the treatment process, so that music can unconsciously affect college students' psychological changes, Help college students reduce stress. At present, music therapy is more active in the field of medicine in China, and has been effectively proved by scientific experiments. Music can change the fluctuation of brain waves and promote the fluctuation of brain waves. Therefore, it can make college students relax their hearts and relieve pressure under the influence of music.

Results: 1. *Let college students correctly understand music therapy.* After teachers realize the importance of music therapy, colleges and universities should start to implement music therapy courses, so that music therapy can be effectively carried out with the corresponding support. Firstly, colleges and universities can set music therapy as a discipline and incorporate it into mental health education activities, so that music therapy can bring better services to college students. There are many types of music. When carrying out music therapy courses, teachers can plan psychological education plans according to the types of music, so that music therapy can more effectively solve the psychological problems of college students. Before implementing music therapy, teachers need to inform students of the key points of music therapy. For example, music therapy needs to focus on music, eliminate psychological distractions and integrate themselves into music melody. This teaching method can make music therapy more effective. At the same time, when implementing music therapy, teachers need to understand students' psychological problems in detail in advance, and then select appropriate music for treatment according to students' psychological status, so that music therapy can give full play to its role.

2. *Improve teachers' psychological quality.* Teachers are not only the leader of music therapy, but also an important person to master the way of music therapy. In music therapy, in order to give full play to the effectiveness of music therapy, teachers need to have high psychological quality and excellent professional level and skills. When facing the description of College Students' psychological pressure, they can accurately capture the students' psychological characteristics and pressure direction, understand the emotional changes of college students and master their psychological characteristics. Thus, music therapy and health education can be implemented for college students from the two directions of psychological quality and medical treatment, so that college students can effectively express their feelings under the continuous guidance of teachers. At the same time, music therapy is a great test of teachers' psychological quality. Teachers need to have strong self-regulation ability in the face of the pouring out of many students' negative emotions every day, can not be affected by negative emotions, and always maintain a positive attitude, so as to devote more attention to the psychological education of college students.

Conclusions: To sum up, the application of music therapy in college students' mental health education is of great significance to promote the diversified development of mental health education methods and the improvement of College Students' mental health level. Therefore, it is necessary for colleges and universities to strengthen the publicity and infrastructure construction of music therapy, and lay a good foundation for the effective development of music therapy on the basis of improving teachers' and students' cognition and recognition of music therapy. The implementation subject of music therapy needs to clarify the application process of music therapy and constantly improve their professional quality and professional ethics, so as to provide guarantee for the improvement of the application effect of music therapy.

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ON THE ART OF PSYCHOLOGICAL REGULATION IN COLLEGE CHINESE CLASSROOM TEACHING

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Background: As a part of mother tongue education, College Chinese is a course rich in humanistic thought. In the curriculum of colleges and universities, there is no doubt that college Chinese course plays an important role in humanistic education. However, the actual situation is not very optimistic. Some higher vocational colleges do not pay much attention to college Chinese course, even in a marginalized position in the curriculum, ignoring the significance of humanistic education. Contemporary college students also lack interest in learning college Chinese, blindly pursue technical learning, but lack humanistic quality, which has to be said to be the severe situation faced by higher vocational teaching. Chinese knowledge and ability is an important part of a person's cultural level. It is an important basis for judging a person's quality. It is particularly important in modern society, which emphasizes people's comprehensive quality. College Chinese teaching should give full play to the role of psychological regulation, reverse the disadvantages of College Chinese teaching, and improve the status of College Chinese teaching.

Objective: Chinese is the foundation of human ideology and academic high-rise buildings. "Chinese" is not a simple literal understanding of "language", it is the cultural tradition and social consciousness behind the language. It is the national spirit and moral concept represented by a language. College Chinese teaching is a general education course set up to cultivate college students' humanistic quality, cultural taste, aesthetic ability and mode of thinking. Its basic nature is the unity of instrumentality and humanism. Teachers give full play to the psychological regulation of classroom teaching is of great significance to college Chinese teaching.

Subjects and methods: Psychological research shows that motivation is the key to learning; Interest is the psychological characteristic that people tend to know, study and obtain something. It can effectively induce learning motivation, strengthen learning motivation and mobilize students' learning enthusiasm; Emotion is the experience of students' learning attitude. Therefore, College Chinese teaching must innovate from the aspects of non intelligence factors such as motivation, interest and emotion, and pay attention to the psychological regulation in classroom teaching.

Results: 1) *The art of strengthening learning motivation.* Learning motivation is the internal motivation that directly promotes students to learn Chinese well and achieve their goals. The artistic requirements of strengthening learning motivation are as follows: 1. Recognize the strengthening of emotion. Educate students to combine the value understanding of Chinese learning with the emotional experience of loving the motherland's language, and strengthen their learning motivation. The last lesson by French writer dude vividly depicts the French people's deep love for their mother tongue at the last moment when they are about to become national slaves. Teachers should inspire students to love their motherland's language in teaching. In connection with the tragic history that northeast China has been occupied by Japan for 14 years, Chinese people can't speak Chinese and students can only learn Japanese, we should educate students to love their motherland's language, raise students' language learning to the height of national self-esteem, enhance students' patriotic feelings, and mobilize their enthusiasm for language learning. 2. Strengthen learning objectives. In addition to the macro education of students' learning purpose and improving their learning motivation to self realization, that is, the pursuit of career and ideal, teachers should also emphasize the overall goal of classroom teaching. For example, in the teaching of "from three to ten thousand", three learning objectives are put forward to students as soon as class begins: (1) be able to tell truth in combination with stories; (2) Master some words about learning attitude and learning methods; (3) Practice reading articles with "guessing method" and tell students that "guessing method" is a very useful reading method. The strength of guessing ability marks a person's intelligence level, which can meet the psychological needs of teenagers to seek knowledge. In the teaching process, suspense rises one after another, constantly create problem situations, promote students to understand and solve problems, and rely on their own efforts to approach and achieve learning goals. In this way, we can better stimulate students' learning motivation, inject vitality into motivation, and make students achieve their goals and develop their intelligence better. At this time, teachers' teaching can be transformed into students' learning, and teachers' output information can be transformed into students' active input information. 3. Strengthening of social information. Strengthen the information exchange between Chinese class and social life, guide students to form a scientific vision, have a higher pursuit, and strengthen students' motivation to learn Chinese. After the students have finished learning the unified textbooks, in the rest of the time, in addition to strengthening the basic knowledge and ability training, add some teaching materials that students are interested in and practical for their future work and study, so as to cultivate students' correct learning motivation, scientific learning methods and good psychological quality.