

groups of college students. On the whole, compared with the traditional ideological and political education model, the scores of students' self-assessment of mental health decreased half a semester after the implementation of ideological and political education intervention based on educational red culture ( $P < 0.05$ ). This shows that the ideological and political education model based on red culture can effectively improve students' mental health.

**Conclusions:** Facing today's society of value diversification, political multi-polarization and economic globalization, red culture, as the witness and recorder of the historical development of Chinese revolution, contains rich cultural value, historical material value and political value. This undoubtedly determines the status and role of the integration of red culture into contemporary ideological and political education, that is, to broaden the teaching resources of ideological and political education, guide the all-round and healthy development of students' body and mind, and promote the construction of socialist core value system.

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## THE INNOVATION OF COLLEGE ENGLISH INFORMATION TEACHING UNDER THE BACKGROUND OF DIVERSIFICATION AND ITS IMPACT ON COLLEGE STUDENTS' ANXIETY

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**Background:** With the continuous progress of social and economic development, the application of the "informatization" action plan under the diversified background has gradually expanded to all aspects of daily life, promoting the innovation and development of all walks of life. The industrial platform of diversification + informatization mainly combines the Internet industry with other traditional industries through the information network platform, makes full use of the advantages and advantages of information and communication technology, and opens up a new development ecology. Under the background of "informatization", the education industry has ushered in new opportunities for innovation and development, and the college English teaching model is also significantly innovated and optimized. From the perspective of "informatization under diversified background", the innovation and upgrading of college English teaching ideas and models can effectively improve the effectiveness of college English teaching, enhance college students' enthusiasm and initiative in learning English, ensure that college English teaching conforms to the trend of the times and meet the needs of college students' English learning and all-round development. In the process of daily study and life, college students often face pressure from study, employment and interpersonal communication. Because their psychological development is in a key stage, anxiety is very common among college students.

In China, college English education is a very important part of the higher education system. As an important compulsory subject in higher vocational colleges, modern college students' English foundation is generally weak and their English level is relatively low. Most college students have a certain fear and weariness of English learning. They have great psychological pressure and anxiety in the English classroom. This is because language learning is a very complex psychological process. The whole process of language learning is bound to be deeply affected by psychological and emotional factors. Among all affective factors, anxiety is a major factor affecting students' English learning and is considered to be one of the most critical psychological variables. Studies at home and abroad have shown that affective factors have a great impact on students' foreign language learning. As an important factor in emotional factors, anxiety is considered to be the most important and one of the most critical psychological variables. In the whole process of foreign language learning, foreign language anxiety has a great impact on learning results. Foreign language anxiety is a psychological term put forward by American psychologist Horwitz in 1986. Horwitz believes that foreign language anxiety is related to foreign language learning. Foreign language anxiety exists in the whole process of students' foreign language learning, from acquiring knowledge to applying knowledge. As a result, the level of anxiety plays an important role in one's foreign language learning. Compared with the commonly used traditional teaching methods, a more effective teaching method to alleviate students' foreign language anxiety is worth exploring. In view of this, based on the teaching background of "diversification + informatization", this paper carries out the innovation and optimization of college English teaching, in order to alleviate the anxiety of college students, shape their healthy personality and improve their psychological quality.

**Objective:** Based on the teaching background of "diversification + informatization", this paper launches the innovative design of college English informatization teaching, aiming to enrich the diversity and interest

of college English informatization teaching. At the same time, it actively discusses the role of college students' English informatization innovation teaching under the diversified background in alleviating college students' English learning anxiety, so as to improve the learning ability and learning level of college students while shaping college students with sound body and mind.

**Research objects and methods:** 300 students from different universities were divided into two groups by random number table method, namely control group and experimental group. There are 150 college students in each group. The control group adopted the traditional college English teaching mode. The experimental group adopted the innovative education model of college English information teaching under a diversified background. After one semester of intervention, the Self-rating Anxiety Scale (SAS) was used to compare the anxiety of the two groups of college students. The higher the score of SAS, the more obvious the anxiety of college students and the more serious the anxiety symptoms. Finally, the changes in English learning anxiety levels of the two groups of college students before and after the intervention are compared and analyzed.

**Methods:** All data were statistically processed by SPSS18.0 software.

**Results:** Table 1 shows the comparison of English learning anxiety between the two groups of college students. On the whole, compared with the traditional college English education model, after the implementation of the innovative education model of college English information teaching based on the diversified background for one semester, the students' English learning anxiety level decreased ( $P < 0.05$ ). This shows that the innovative education model of college English information teaching based on a diversified background can effectively improve college students' English learning anxiety.

**Table 1.** Comparison of English learning anxiety between the two groups ( $n=300$ )

Project	Control group ( $n=150$ )	Experience group ( $n=150$ )	<i>P</i>
Anxious learning	8.17±3.71	6.15±2.32	<0.05
Communication anxiety	4.19±3.25	3.63±2.23	<0.05
Loneliness tendency	5.63±2.23	3.45±2.58	<0.05
Self-reproach tendency	6.15±2.32	3.46±1.45	<0.05
Sensitive tendency	6.42±3.71	3.45±2.58	<0.05
Physical symptoms	6.88±2.23	3.46±1.45	<0.05
Terrorist tendency	3.46±1.45	2.45±2.58	<0.05
Impulsive tendency	3.45±2.58	1.46±3.25	<0.05
Total score	41.09±17.34	35.91±19.71	<0.05

**Conclusions:** In the process of college English learning, college students often face great learning pressure. Due to the fear or resistance to English learning difficulties, college students have a certain degree of anxiety, which affects their mental health level. Under the background of "diversification + informatization", the reform and optimization of college English teaching mode can be realized by making rational use of Internet technology. It can abandon the disadvantages of traditional college English teaching mode, eliminate college students' fear and psychological pressure on English learning, and effectively improve college students' classroom awareness and English learning enthusiasm.

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## DESIGN AND IMPLEMENTATION OF XINJIANG MINORITY MUSIC EDUCATION RESOURCE BANK FROM THE PERSPECTIVE OF COGNITIVE PSYCHOLOGY

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**Background:** China is a country with multi-ethnic and multi-cultural coexistence. With the social development and progress, the protection and inheritance of ethnic minority traditional culture have been paid more and more attention by the state. As an important gathering place of ethnic minorities in China, Xinjiang has given birth to a large number of ethnic minority traditional cultures. Among them, ethnic minority music culture, as a key part of Chinese national culture, has extremely important value. The inheritance of minority music culture in Xinjiang is a systematic project. In order to carry out long-term inheritance and protection of minority music culture in Xinjiang, China has put forward a large number of