

course lasted for 5 months. Students' anxiety was measured at 1, 2, 3, 4, and 5 months after teaching, and the changes in students' psychological anxiety scores were counted. SPSS24.0 has been used for all data for statistical analysis to evaluate the changes in students' anxiety scores before and after teaching.

Results: Among the 100 students, there were 57 girls and 43 boys. Before the experiment, the anxiety score of 100 students was more than 65. After five months of education and teaching, the anxiety score of all students decreased to less than 40. The difference between the scores before and after comparison was statistically significant ($P < 0.05$).

Table 1. Changes in anxiety scores of students

Group		Before treatment	After treatment	<i>P</i>
Gender	Male	65.33±2.31	37.45±1.37	<0.05
	Female	67.39±2.17	39.18±1.33	<0.05
<i>P</i>		>0.05	>0.05	-

Conclusions: With the continuous development of society, life has gradually changed, and more and more people begin to have anxiety. The generation of anxiety has seriously affected the normal development of people's life. In the research, the interaction between the anxiety crowd and the educational robot is analyzed, and the effect of educational robots in anxiety relief is discussed. The results show that after receiving the interactive intervention teaching of the educational robot, the school performance of anxious students in colleges and universities has been significantly improved, and the anxiety score of students has also been significantly reduced. After a long time of teaching, most students' anxiety has been completely relieved. In college education or social activities, for anxious people, it is necessary to reduce the negative emotions of anxious patients through communication and interaction. The use of intelligent robots can better realize targeted communication and interaction, and can also alleviate patients' emotions more quickly and effectively, which can significantly promote social development.

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ANALYSIS OF PSYCHOLOGICAL CRISIS OF ADULT EDUCATION TEACHERS UNDER COMMUNICATION ADAPTATION BARRIERS

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Background: Communication adaptation barrier is a kind of communication barrier in social communication. From psychological research, communication is the psychological and psychological distance between people, which is composed of cognition, emotion and behavior. In social communication, people with communication barriers mainly lack harmonious interpersonal relationship and scientific and reasonable cognitive ability. The so-called communication adaptation is the understanding and grasp of the relationship between individuals. In psychology, communication adaptation can effectively help individuals establish a good relationship network in communication and help people make correct decisions. Better communication adaptability, lower anxiety level under work pressure, stronger self-confidence at work and better adaptability to the working environment. In the research of psychology, many empirical studies have confirmed that the emergence of communication adaptation disorder will bring serious negative emotions to adults, because communication adaptation disorder will bring serious psychological obstacles to adults. In addition, some psychological studies believe that adults with communication adaptation disorder will have less contact times of employees' external communication due to the existence of psychological obstacles at work, which will lead to employees' inability to show their professional ability at work, which will easily lead to employees' mistakes at work, leading to more serious psychological obstacles.

Adult education is an educational measure to face adults in society. The purpose of adult education is to make social members voluntarily accept education, help adults increase their ability and enrich their knowledge, and cultivate adults' social communication ability in learning. From the public cognition, we can know that adults are a group with independent cognition. From the perspective of psychology, the main gap between adult students and child students is adults' independent thinking ability. And from the life experience of adults, when adults receive continuing education, their rich experience can bring more convenient resources for their education stage. In adult education, the challenges faced by adults are also more obvious. First, the thoughts of adults are fully affected by the social environment. In education, due

to ideological reasons, the educational results are not obvious. At the same time, teachers will have more obvious psychological crisis due to the ideological differences between teachers and adults in education. The main psychological crisis is the obstacle of communication and adaptation. In the communication between teachers and adults, the communication between them cannot be carried out normally due to the difference of ideas. Therefore, how to deal with the psychological crisis of teachers' communication adaptation obstacles in adult education is the key to effectively solve the continuous teaching. Therefore, from the perspective of communication adaptation obstacles in the research, this paper analyzes the generation mechanism of teachers' psychological crisis in adult education, in order to provide reasonable suggestions for adult education in our country.

Objective: This paper discusses the current situation of teachers' communication and adaptation barriers in adult education, analyzes the causes of teachers' communication and adaptation barriers' psychological crisis in adult education, and puts forward corresponding solutions to provide theoretical support for adult education and continuing education in China.

Study design: Through literature search and teacher follow-up survey to determine the current situation of psychological crisis under the obstacle of teachers' communication adaptation, use association rules to determine the psychological crisis that has a great impact on teachers, then use principal component analysis to determine the weight of each psychological crisis, and finally put forward the strategies to solve teachers' psychological crisis.

Result: The use of association rules is recognized. The psychological crisis of teachers in education is mainly cognitive psychological crisis, role psychological crisis, adaptation psychological crisis and value identity crisis. Principal component analysis shows that the weight of teachers' adaptation to psychological crisis under communication adaptation disorder is the largest and the weight of role psychological crisis is the smallest. Finally, the correlation between psychological crises is shown in Table 1.

Table 1 Correlation analysis of psychological crisis

Types of psychological crisis	Cognitive psychology	Role psychology	Adaptive psychology	Value identification
Cognitive psychology	1.00	0.41	0.37	0.66
Role psychology	0.41	1.00	0.51	0.42
Adaptive psychology	0.37	0.51	1.00	0.33
Value identification	0.66	0.42	0.33	1.00

Conclusions: Communication adaptation disorder is one of the normal psychological obstacles for adults in social activities. In adult education, communication adaptation disorder will cause teachers' teaching psychological crisis, hinder teachers' teaching progress and the normal progress of adult education. Therefore, it is urgent to explore teachers' psychological crisis mechanism and put forward relevant solutions. In the research, the categories of teachers' psychological crisis in adult education are obtained by using association rules and principal component analysis, and the correlation test shows that there is a significant correlation between each psychological crisis. Therefore, in the construction of solutions, it is necessary to deal with the four kinds of psychological crisis in a unified way, and alleviate the teachers' psychological crisis by cultivating the values between teachers and adult students. In adult education and continuing education, teachers' psychological state is the main factor affecting the development of teaching. Therefore, in social institutions and college teaching, it is necessary to prevent and intervene teachers' psychological crisis, ensure the normal development of teaching and improve China's comprehensive cultural level.

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MUSIC EDUCATION AS A STRATEGY TO RELIEVE STRESS AND ANXIETY AMONG UNIVERSITY STUDENTS— FROM THE PERSPECTIVE OF COMMUNICATION STUDIES

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Background: Communication psychology includes strong communication and weak communication. In the weak communication theory, the generation and storage of information is the total amount of human information, and then expand the value of information through communication, and the value of