

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

information can be realized only after information is concerned. The generation of attention also indicates the emergence of public opinion. Through the above process, the basic logic of weak communication theory is simply formed. In the strong communication theory, the emphasis is to induce information with a high identity and achieve the purpose of communication through the appeal and influence. Generally speaking, communication psychology is that communicators use communication media to induce the psychological changes of receivers. Within the research scope of communication psychology, it includes the psychological demands of communicators, the psychological conditions of receivers and the psychological role of communication channels. With the development of network technology, the communication media of communication psychology has gradually shifted from offline ways such as newspapers to online media. However, it is undeniable that both online and offline, in the research of communication psychology, communicators will directly or indirectly affect the psychological changes of recipients through different communication channels according to their own psychological demands. Using the unique psychological induction method of communication psychology, various fields have gradually begun to take communication psychology as a tool to alleviate personal psychological negative emotions. The main mechanism is to use the disseminator's psychological emotion to affect the receiver's psychological emotion through the communication channel, and then change the receiver's negative emotion.

In college education, students' anxiety is the main factor affecting students' academic progress. Colleges and universities are also looking for teaching programs that can solve students' anxiety. In the teaching of piano course in colleges and universities, the anxiety faced by students is also more serious. Piano, as one of the courses favored by art students, is more difficult. It is difficult for students to achieve ideal learning results in the process of learning, and then appear the anxiety of self-confidence. In the current education, in order to alleviate students' anxiety, some studies have proposed the use of hybrid teaching to carry out piano teaching, so as to improve students' comprehensive ability, enhance students' self-confidence and alleviate students' anxiety. Piano mixed teaching includes two parts: online and offline. In teachers' teaching, offline is used for basic knowledge teaching and online is used for knowledge consolidation. In this teaching mode, students' enthusiasm for piano learning can be gradually improved. At the same time, in the mixed teaching mode, teachers can transfer the teaching psychological emotion to students through the Internet through the online mode, affect students' psychological anxiety through psychological induction, and realize the multi-way relief of students' psychological anxiety. In order to understand the specific mechanism and effect of college piano teachers using communication psychology to alleviate college students' anxiety under the Internet mode, from the perspective of communication psychology, this paper analyzes the impact of piano mixed teaching on students' anxiety, so as to provide ideas for the teaching reform of colleges and universities.

Objective: This paper analyzes the current situation of the application of communication psychology in college teaching, discusses the current situation of college piano teachers using communication psychology for psychological induction in mixed teaching, and analyzes the influence of piano students in mixed teaching and teachers on students' anxiety.

Study design: According to the statistics of the anxiety of freshmen to seniors in a university in piano teaching, all students were randomly divided into experimental group and control group. Both groups of students used piano mixed teaching. The teachers in the experimental group used communication psychology for psychological guidance and intervention on the Internet, and the teachers in the control group only used mixed teaching. The changes of students' anxiety before and after teaching were counted by SPSS22.0 the anxiety scores of students were statistically analyzed.

Table 1. Comparison of students' anxiety before and after teaching

Group	Before teaching	After teaching	<i>P</i>
Experience group	66.57±2.31	35.45±1.26	<0.05
Control group	66.39±2.17	39.07±1.29	<0.05
<i>P</i>	>0.05	<0.05	-

Result: There was significant difference in anxiety scores between the two groups before and after the experiment, and the anxiety of students after the experiment was significantly lower than that before the experiment ($P < 0.05$). The scores of the two groups of students after the experiment were compared, and the data had significant difference ($P < 0.05$).

Conclusions: The anxiety of college students is the key factor hindering the growth of students. Effective anxiety relief can improve the teaching quality of colleges and universities to a great extent. From the perspective of communication psychology, this paper discusses the impact of piano mixed teaching on students' anxiety. The results show that piano mixed teaching can significantly reduce students' anxiety score and alleviate students' anxiety. At the same time, teachers can further reduce students' anxiety by

using communication psychology. Therefore, in college teaching, using the advantages of the Internet to carry out teaching can not only improve the teaching quality, but also solve the psychological problems for students. The use of communication psychology can further reduce the negative psychological emotions of students, which is of great positive significance to the development of students.

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RESEARCH ON THE EMOTIONAL ANXIETY OF CONSTRUCTION WORKERS BY INTELLIGENT CONSTRUCTION TECHNOLOGY FOR ENGINEERING CONSTRUCTION MANAGEMENT

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Background: Emotional anxiety is a kind of psychological negative emotion. In psychology, emotional anxiety is defined as psychological anxiety. When individuals have emotional anxiety, they will show obvious emotional and behavioral changes. Emotional anxiety has always been one of the important mental health problems concerned by all sectors of society. In psychology, the treatment of emotional anxiety is usually hypnosis or verbal stimulation. In the process of hypnosis, psychologists will urge patients to enter deep sleep by means of hypnosis, so as to alleviate patients' psychological anxiety from the subconscious. In verbal motivation, psychologists will appropriately reduce the trading pressure of patients by communicating with patients, obtain the changes of patients' psychological activities from communication, and take this as a breakthrough to build a conversation system to gradually alleviate patients' anxiety. Generally speaking, the problem of emotional anxiety often appears in the management construction. In the construction process, due to the demand of work progress, the construction personnel will face great pressure. Under the influence of pressure, the problem of psychological emotional anxiety gradually appears. A number of studies have shown that in the construction process, the emotional anxiety of construction workers is mainly manifested in the lack of sense of security, inattention and lack of self-confidence. Under the influence of anxiety, the lack of sense of security of construction personnel leads to the inability of construction personnel to concentrate on their work. The consequence of inattention is the detailed loopholes in the construction process, which reduces the project quality. The lack of self-confidence will lead to the inability of construction personnel to carry out construction work normally and reduce the efficiency of project construction.

In dealing with the anxiety of construction workers, different enterprises take different measures, but from the current development status, most enterprises take intelligent technology to alleviate the work pressure of construction workers, so as to reduce the anxiety of construction workers. In engineering construction, intelligent technology adopts intelligent construction technology. Intelligent construction technology is a technology that uses intelligent equipment and information technology to realize the intellectualization of engineering construction. From the perspective of construction workers' anxiety, intelligent construction technology can optimize the planning and layout through visualization technology. For construction workers, a more reasonable planning and layout can effectively reduce their psychological anxiety. In addition, the intelligent construction technology supported by the Internet of things technology can effectively control the construction quality. At the same time, based on the automation technology, the construction personnel in the engineering construction can reduce their workload through automatic operation, which also plays a certain role in alleviating psychological anxiety. Therefore, the research starts with the existing literature, analyzes the application of intelligent construction technology in engineering construction management, and specifically analyzes the impact of intelligent construction technology on the anxiety of construction workers, so as to alleviate the work pressure of construction workers and provide theoretical guarantee for the harmonious development of society.

Objective: Explore the application status of intelligent construction technology in engineering construction management, count the anxiety status of construction workers in engineering construction, and analyze the changes of anxiety of construction workers under the intervention of intelligent