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ANALYSIS OF THE RELIEVING EFFECT OF THE MAIN MELODY ON THE AUDIENCE'S MENTAL ANXIETY IN VOCAL MUSIC SINGING

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Background: With the development of social economy and the improvement of people's living standards, people pay more attention to the quality of life and spiritual and cultural consumption. Rich and diverse cultural activities can effectively improve people's cultivation and moral concepts, and give them emotional feedback and experience. In recent years, vocal music has been loved and sought after by the public because of its wide universality and popular form. Vocal singing is a sound art based on people's own voice. Its manifestations include duet, chorus and chorus, which can trigger its emotional and spiritual resonance on the premise of meeting people's visual enjoyment to the greatest extent. Because of its high degree of freedom and strong dissemination, the scope and scale of its application are also gradually expanded. The main theme of vocal singing is the soul and essence of vocal music, which lays the emotional keynote of singing, and can directly reflect the thoughts and emotions of the work, thus creating an emotional atmosphere and giving audiences different emotional experience. Different main melody tones in vocal music singing will bring different emotional experiences to the audience. The relaxed and cheerful main melody can convey a positive and optimistic emotional experience, and the low and depressed main melody can convey a low and sad emotional experience. Vocal singing can give the audience different impressions through the style of lyrics and singing form, and adjust their emotions and psychological feelings in a sympathetic way, so as to reduce the negative emotions of the audience.

With the increase of social pressure and the limitation of individual tolerance, more and more people suffer from mental anxiety and difficulty in emotional regulation, which affect their physical and mental development. The essence of mental anxiety is anxiety disorder, which is a very complex psychological and emotional disorder. Its clinical manifestations are often motor agitation and sympathetic hyperactivity, accompanied by negative emotions such as anxiety, shame, disappointment, anxiety and fear. Appropriate mental emotion can make people in a more nervous mental state and improve the accuracy and sensitivity of judgment and handling of things. Excessive mental anxiety will make people's mental state fluctuate greatly, affect the objectivity of judgment, and cause adverse effects and losses on life and work. People who fall into mental anxiety are difficult to overcome their adverse symptoms by relying on their own strength, and their mental state and willpower are poor, so their contact with the outside world is relatively weak, which is not conducive to the recovery of their mental transformation. The intervention of mental anxiety patients in the form of vocal music singing, with the help of the power of music to strengthen its close contact with the outside world, the emotional experience and intervention mechanism brought to the audience by different types and styles of vocal music works are different. Therefore, it is of great practical significance and value to explore the influence mechanism of the main melody in vocal music singing on the audience's mental anxiety.

Objective: In order to alleviate the anxiety and discomfort of patients with mental disorders and help them better regulate their emotional and psychological problems, this paper studies the mechanism of relieving and improving the audience's mental anxiety in the form of vocal singing, so as to improve their mental health level and music appreciation ability.

Research objects and methods: 600 patients with mental anxiety were randomly selected as the research objects to collect their psychological status and anxiety level information, and through vocal performance, singing interaction by means of appreciation of music works, the Psychosomatic Tension Relaxation Inventory (PSTRI) and Symptom Checklist 90 (SCL-90) were used to collect and sort out the data of psychological stress and mental health level of mental anxiety audience.

Method design: The study first analyzes the correlation between vocal music singing and mental anxiety with the help of principal component analysis, and then randomly groups and intervenes the research objects according to different vocal music singing styles, namely bel canto (group A), ethnic group (group B) and popular group (group C). It can also classify different rhythm and emotional works according to the differences of vocal music theme. The experiment lasted for three weeks. After the experiment, the anxiety improvement of the subjects was analyzed, and the experimental results were obtained.

Methods: The correlation between vocal music singing and mental anxiety was analyzed by principal component, and the alleviation of mental anxiety of audience by different vocal music themes was explored by means of comparative experiment.

Results: The main melody in vocal music singing can reflect the characteristics of singing to a certain extent, cause the audience to resonate in the form of psychological hint, and then make the audience present different emotional feedback and emotional value, so as to realize the effect of emotional regulation. The results show that the main melody in vocal singing can effectively alleviate the audience's mental anxiety, get rid of negative emotions and effectively provide a level of mental health. Table 1 shows the score statistics of mental health scale of mental anxiety audience before and after the experiment.

Table 1. The scores of mental health scale of mental anxiety audience before and after the experiment

Scoring dimension	Before the experiment	After the experiment	Constant value
Force	1.88±0.57	1.53±0.41	1.62±0.57
Anxious	2.74±0.39	1.24±0.37	1.39±0.43
Depressed	2.05±0.63	1.38±0.50	1.50±0.59
Paranoid	1.94±0.58	1.37±0.45	1.43±0.58
Psychotic	2.63±0.46	1.21±0.32	1.29±0.42

Conclusions: Vocal music singing can improve people's perception, expressiveness and aesthetic ability of music art, and different styles and types of music works bring people different psychological feelings and emotional values. The difference of the main melody of vocal music can effectively bring different emotional experiences to the audience, make them feel "immersive", and then help them relieve their emotions in the process of vocal music singing, reduce negative emotions, effectively improve the audience's mental anxiety and improve their mental health level.

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A STUDY ON THE IMPACT OF COMMUNICATION ADAPTATION BARRIERS ON WORK VALUES AND TURNOVER INTENTION OF COLLEGE TEACHERS

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Background: Communication adaptation disorder is manifested in the difficulties of opinion exchange and information transmission between people and teams. It often includes language barrier, concept barrier and temperament barrier, and different types of obstacles are caused by different information senders, information receivers and information transmission channels. In the adaptive state of language communication, the emotional tendency, expression ability and judgment of the sender of information will affect the integrity of information transmission. For example, the sender of information will produce different emotional values and behavior orientation under the influence of language environment, age structure and individual differences, and then affect the fluency and logic of communication and expression. At the same time, different information recipients have different ideas and views on the same thing by subjective tendency and value orientation, and there are different characteristics in information screening and tolerance. At the same time, the perfection of communication channels, media and mechanisms will also affect the communication, expression and exchange of information. Due to the certain psychological distance between college teachers and younger groups, and the differences in environmental conditions and thinking, there are differences in the expression and understanding of the same language between college teachers and students. At the same time, the singleness of communication media channels will also make teachers and students have communication problems, which will affect teachers' expression ability and produce communication adaptation obstacles. The main service object of teachers is students, and their sense of value acquisition and satisfaction mainly come from students' feedback and evaluation. However, the actual distance and psychological distance between college teachers and students affect teachers' participation and communication with students, and then have a negative impact on teaching effect and quality. The quality of classroom effect and the satisfaction of students' evaluation are the best test criteria for teachers' working ability and value. Communication adaptation barriers will affect teachers' emotional tendency and expression ability, directly affect the teaching quality and teaching effect, and then affect teachers' evaluation and doubt of their own ability and working values. Communication and adaptation