

with the help of the teaching situation changes before and after the application of the new ideological and political teaching model.

Results: From the perspective of educational psychology, strengthening the innovation of teaching means of ideological and political education will help to improve students' ideological level, enrich the diversification of ideological and political education, and play its leading and guiding exemplary role. The research explores the innovation of the teaching path of ideological and political education from the perspective of educational psychology. The results show that educational psychology can greatly improve students' enthusiasm to participate in the classroom and their ideological and moral level on the basis of considering students' needs and ideological and political teaching objectives. Table 1 shows the score statistics of students' ideological and political teaching effect before and after the improvement of classroom teaching mode.

Table 1. The score statistics of students' ideological and political teaching effect before and after the improvement of classroom teaching mode

Time	Ideological and moral level	Ideological knowledge reserve	Learning enthusiasm	Establishment of correct values
Before improvement	17.79±3.15	14.16±3.31	12.44±5.32	18.24±4.15
After improvement	24.35±4.52	28.37±1.26	19.45±7.15	27.87±3.46

Conclusions: Educational psychology can lay a psychological scientific foundation for China's teaching reform, and is committed to serving practical education so that teachers can improve teaching level and quality on the basis of grasping the psychological laws and teaching characteristics of teaching subjects and objects. The application of educational psychology in ideological and political teaching can make the coordinated development of educational resultant force and the leading force of ideological and political education, and promote the formation of correct values of college students.

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APPLICATION OF NATIONAL TRADITIONAL PHYSICAL EXERCISE BEHAVIOR AND AEROBIC EXERCISE IN ADULT PSYCHOLOGICAL ANXIETY

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Background: In essence, psychological anxiety refers to a strong and lasting emotional experience produced by individuals in the face of irresistible external pressure. At the same time, psychological anxiety will also produce corresponding physiological and behavioral changes, which is an adaptive response formed in the process of human evolution. Individuals with different degrees of psychological anxiety have different effects. Moderate psychological anxiety can make people in a more urgent and positive psychological state, and then provide motivation for their work and life. Excessive psychological anxiety will cause people's emotional regulation imbalance, and then fall into an "emotional trap" and have a negative impact. Studies have shown that 30%-50% of adults have varying degrees of psychological anxiety, and the factors affecting their psychological anxiety mainly include social cognitive factors, personality factors and work pressure. Adults have certain differences between their own cognitive level and social cognition, as well as differences in individual personality and psychological tolerance, which makes adults produce great psychological pressure and anxiety in complex working environment and social competition. The psychological anxiety of adults will not only affect their physical and mental health, but also lead to work efficiency, family situation and other problems. Some experts and scholars have put forward the "work demand control support" model for adults' psychological anxiety in order to improve their mental health level, but the effect of the model mainly depends on adults' control and binding on their own ability, which is not conducive to the dredging of their psychological emotions to a certain extent. The key to alleviating adults' psychological anxiety is to help them realize correct self-cognition and social cognition and find ways to vent their emotions. The traditional national physical exercise and aerobic activities focus on the overall view of human life, emphasize the relationship between human life activities and the natural environment, and pursue a harmonious internal and external health state, which can effectively regulate people's emotional and psychological problems. Therefore, with the help of physical exercise forms and aerobic activities, helping adults release their emotions and guiding them to pay attention to their cognition

and correctly evaluate their health status can help to form the awareness and habit of lifelong exercise, so as to alleviate their psychological anxiety, improve their mental health level, and deal with the changes around them with a more positive and peaceful attitude.

Objective: To help adults with psychological anxiety get rid of negative emotions and improve their interest in physical exercise, so as to release bad emotions and improve their mental health level.

Research objects and methods: Adults with psychological anxiety were selected as the research objects. After collecting the information of students' physical exercise and mental health, they were then trained for one month. And select martial arts, Taijiquan, aerobics and other sports methods to intervene adults with different degrees of psychological anxiety. After the experiment, the changes of the subjects in different stages were counted with the help of the mental health self-test scale and mood state scale, so as to better explore the impact mechanism of physical exercise on adult mental health.

Method design: Firstly, the subjects were classified according to their mental health status and problems, and then the subjects were randomly divided into different groups according to different physical exercise intervention methods. After three months, the mental health status of different groups was sorted and analyzed to explore the intervention mechanism of traditional physical exercise and aerobic exercise on adult psychological anxiety.

Methods: With the help of SPSS21.0 statistical analysis tools were used to sort out and analyze the scores of the mental health scale and mood state scale before and after the experiment, and the experimental results were obtained.

Results: Traditional physical exercise guided adults to pay attention to endogenous value and perceived strength in the form of light, slow and powerful exercise, helped them look at the changes in themselves and their surrounding environment in a relatively calm state of mind, and aerobic exercise can relieve people's body and mind, alleviate the psychological pressure and psychological anxiety of the subjects, and improve the level of mental health. The results show that traditional physical exercise can effectively improve adults' negative emotions such as compulsion, depression, anxiety and hostility, and help them improve their mood and mental health. The score of adults' mental health before and after Wushu training in Table 1.

Table 1. The mental health scores of adults in Wushu training group before and after the experiment

Time	Somatization	Interpersonal relationship	Anxious	Depressed	Psychotic
Before experiment	1.52±0.28	1.75±0.41	2.13±0.51	1.96±0.69	1.62±0.27
After experiment	1.23±0.21	1.53±0.34	1.15±0.35	1.23±0.32	1.23±0.40
<i>P</i>	<0.05	<0.05	<0.05	<0.05	<0.05

Conclusions: Traditional physical exercise and aerobic exercise can effectively improve people's physical function and mood state, and have high theoretical and practical value for people's health state. With the characteristics of relaxation and freedom, these sports help adults focus on themselves and reduce their psychological pressure and burden from external environmental conditions. Greatly alleviated psychological anxiety. As a relatively relaxed way, physical exercise can effectively help adults release negative emotions and cultivate their awareness of physical health through lifelong exercise.

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ON THE GUIDANCE AND CULTIVATION OF STUDENTS' SINGING PSYCHOLOGY IN VOCAL MUSIC TEACHING IN COLLEGES AND UNIVERSITIES

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Background: Vocal music majors in colleges and universities have certain standards for their evaluation views and ways of thinking, and their psychological state has begun to take shape, but it has not reached the mature stage. The contradiction of psychological thinking is the main feature of vocal music majors at this time. At the same time, the differences in singing ability and self-cognition level will make students have negative psychological emotions such as anxiety, anxiety, tension and conflict in vocal music singing, and produce psychological problems such as obsessive-compulsive disorder, anxiety disorder, hypochondriac disorder and depressive disorder, among which anxiety psychology is the most common psychological problem. Anxiety psychology refers to students' anxiety about unknown things under the influence of