

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

complex environment and their own psychological cognitive limitations. At the same time, interpersonal relationships, test pressure, social fear and other factors will make students have psychological burdens and pressure, and then show negative mentality and psychological problems such as anxiety in vocal music singing teaching. Positive emotional psychology can help students better deal with the psychological emotions brought by the changes of environmental conditions, and help them improve their psychological problems and classroom performance. Negative emotional psychology will increase college students' worry and anxiety about uncontrollable behavior, affect their study and life, and attack their enthusiasm and confidence. In the process of vocal music teaching in colleges and universities, the interactive influence process of teaching and learning includes psychological suggestion, the psychological response, psychological control and the cultivation of spiritual will, which can effectively transmit skill information to students, and then produce different psychological feedback to students through the perception of auditory information and brain information processing, so as to affect students' emotional expression and psychological regulation. Vocal singing is a sound art based on people's own voice, which can produce emotional and spiritual resonance with the audience to the greatest extent. Therefore, exploring the guidance and cultivation of college vocal music teaching on students' singing psychology can alleviate students' psychological problems and guide and cultivate students' singing psychology with the help of the psychological regulation of enunciation and resonance and the cultivation of emotion.

Objective: To study from the vocal music teaching classroom as the starting point, explore the psychological problems of students in the process of singing teaching, and actively intervene them, effectively alleviate the negative emotions and psychological problems of vocal music students in teaching practice, pay attention to the guidance and cultivation of their singing psychology, and improve their mental health level and learning quality.

Research objects and methods: Firstly, the study screened the mental health of students majoring in national vocal music in a university, and took the students with singing psychological obstacles and psychological problems as the research object. Then, with the help of the analytic hierarchy process, the index level and target level were constructed to innovate the current vocal music teaching mode. The innovative vocal music teaching model is applied to the research object. The experimental time is four weeks to explore the guidance and training mechanism of college vocal music teaching on students' singing psychology.

Method design: After analyzing the singing psychological characteristics and mental health problems of the research objects, bring them into the process of teaching design improvement, and optimize the teaching means and teaching scheme, in order to design the classroom teaching mode and means in line with the singing psychology of vocal music students. And collect and analyze the data of the subjects' singing psychological changes, mental health status and learning effect before and after the experiment, so as to draw the experimental conclusion.

Methods: The optimization and innovation of vocal music teaching mode was realized by analytic hierarchy process, and SPSS21.0 statistical analysis tool to process and analyze data.

Results: Vocal music teaching can cultivate students' perception and understanding of art with the help of vocal music singing form. The teaching effect will directly affect the changes in students' learning psychology and learning quality. Innovating and optimizing the vocal music teaching mode can effectively help teachers optimize the design of teaching plans, teaching means and teaching courses from the individual differences and psychological needs of students, and then strengthen the correct guidance and cultivation of students' singing psychology. The results show that the innovation of vocal music teaching means and the diversity of programs greatly alleviate the negative emotions and psychological problems of vocal music majors and improve their mental health level. Table 1 shows the scores of the singing psychological anxiety scale of the subjects before and after the experiment.

Table 1. The scores of singing psychological anxiety scale of the subjects before and after the experiment

Anxiety dimension	Before the experiment		After the experiment	
	Average value	Standard deviation	Average value	Standard deviation
Boredom	3.74	2.32	1.35	1.06
Anxiety	3.24	1.41	1.76	1.15
Escape emotion	4.63	2.16	1.45	1.18
Resistance	3.97	1.64	1.75	1.47

Conclusions: Higher national vocal music education can improve students' understanding and creativity of art through the study of basic theoretical knowledge and the appreciation and practice of artistic ability. Through the innovation of teaching mode, it can greatly improve students' psychological problems, meet

their psychological needs and improve their professional ability. In the process of vocal music teaching in colleges and universities in the future, teachers should pay attention to the grasp of students' singing psychological and emotional value, pay attention to their psychological change law in time, and promote the diversified development of vocal music education and teaching and the all-round and healthy growth of students.

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LEGAL PROTECTION OF THE RIGHTS OF PATIENTS WITH MENTAL DISORDERS FROM THE STANDPOINT OF MARXISM

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Background: Mental disorder is a kind of mental disease, which refers to the disorder or abnormality of perception, emotion, thinking and other activities caused by various reasons, resulting in obvious psychological pain or social adaptation and other functional damage of patients. Mental disorders can be divided into general mental disorders and serious mental disorders according to the severity of the disease. Serious mental disorders refer to mental disorders with serious disease symptoms, resulting in serious damage to patients' social adaptation and other functions, unable to fully understand their own health status or objective reality, or unable to deal with their own affairs, mainly including schizophrenia, paranoid psychosis schizoaffective disorder, a mental disorder caused by epilepsy and mental retardation. Since the implementation of China's mental health law on May 1, 2013, the rights of patients with mental disorders have been formally, comprehensively and systematically protected. Previously, statements about "mental illness" or "mental illness" appeared more in laws and regulations such as the criminal law, the administrative punishment law and the criminal procedure law. The term "mental disorder" is used in national legislation for the first time in the mental health law, which is connected with the expression of "mental disorder" used in relevant documents of the World Health Organization (WHO) and reflects the human and humanistic care for patients with mental disorders. Finding the best governance balance between the safety of public order and the protection of basic human rights of patients with mental disorders is not only a major theoretical problem but also a thorny practical problem. In the manuscript of economics and philosophy in 1844, Marx pointed out that there are differences between man and animals, that is, man, as the subject, not only carries out objectified activities, but also takes himself as the object for research and creation, which is the special place that man is superior to animals. The universality of human is manifested in that the scope of human control and objectification of nature is much larger than that of animals, while animals lack this universality and can only cling closely to nature in a narrow range and consume the ready-made limited resources of nature. Patients with mental disorders have neurological disorders or disorders, which are manifested in abnormalities in perception, consciousness, thinking, emotion, intelligence and behavior. Although the functions of patients' natural and social attributes are weakened or damaged, it does not mean the lack of human nature and should share human dignity.

Objective: The protection of the rights of patients with mental disorders mainly involves the medical security system, guardianship system and admission system. Taking the Marxist theory of "human" and human rights as the logical starting point, through the analysis of the specific system of the protection of the rights of patients with mental disorders, it is found that the values behind the system are supported, which constitute the legal basis of the legitimacy of the protection of patients' rights, and these values come from the moral concepts, history and culture of our times and space political and economic factors. Finally, looking back at the reality of the protection of the rights of Chinese patients with mental disorders, we should protect the legitimate rights and interests of patients to the greatest extent from the perspective of the rule of law.

Research objects and methods: 300 patients with mental disorders were randomly selected. According to the main causes of mental disorders, taking the Marxist theory of "human" and human rights as the logical starting point, the patients were given a rule of law guarantee scheme combining Marxism, and the effect was observed after application.

Study design: The patients were randomly divided into study group and control group, with 150 cases in each group. The control group was given the conventional treatment plan for mental disorders, and the study group implemented the rule of law guarantee plan based on Marxism on the basis of the conventional group. After treatment, the self-designed statistical table was used to calculate the improvement rate of