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RESEARCH ON COLLEGE VOCAL MUSIC TEACHING ON COLLEGE STUDENTS' COGNITIVE IMPAIRMENT

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Background: Cognition refers to the process of intelligent processing when individuals know things and acquire relevant knowledge. This process involves learning, thinking and other psychological and social behaviors. Cognitive impairment indicates that there are some abnormalities in the process of intelligent processing, which leads to memory impairment, accompanied by symptoms such as agnosia and anorexia. Cognitive impairment is divided into three main types: perception impairment, memory impairment and thinking impairment. Perceptual impairment may cause some perceptual abnormalities, such as sensory retardation, hallucinations, etc. In the memory disorder, the related memory function will become too strong and wrong, while the thinking logic disorder is manifested in the abnormalities of thinking and abstract generalization, such as delusion and abstract generalization disorder. At present, the cognitive impairment of college students is manifested in interpersonal communication, job selection and entrepreneurship. They have certain cognitive deviations from themselves, others and society. The cognitive impairment in interpersonal communication is manifested in the cognitive disorder of self-evaluation, over self-centered and the cognitive disorder of evaluating others. Some college students will evaluate themselves too high or too low, resulting in two extreme psychologies of pride or inferiority. He is too proud and handles interpersonal relationships as a leader, making others feel uncomfortable, such as being strongly ordered and driven. Being self-centered, not considering the feelings of others, and everything according to your own mood, this behavior will lead to interpersonal problems. In terms of entrepreneurship and career selection, there are many college students who want to start a business, but few actually take action. Being too picky about careers leads to the loss of employment opportunities. The reasons for this situation are college students' unreliable prejudice against entrepreneurship, high vision and low hand, lack of correct understanding of entrepreneurship and lack of clear self-awareness. Due to the emergence of these cognitive barriers, college students are prone to some negative emotions. As an important means of regulating and soothing emotions, music can be used in the treatment of college students' negative emotions. Therefore, music teaching in colleges and universities can be reformed appropriately to help college students know themselves in music learning, reduce negative emotions and learn to get along with others.

Objective: Combined with the current situation of college students' cognitive impairment, to carry out targeted reform of music teaching in colleges and universities and gradually guide college students. Through soothing and relaxing music, the physical and mental health of college students can be relaxed, and the psychological burden of college students can be gradually reduced. Then slowly carry out the practice of music imagination from easy to difficult, so that college students can gradually eliminate and alleviate the negative emotions in their hearts in the gradual music imagination, and carefully feel the pleasure and positive guidance brought by music imagination. In addition, in rhythm practice and impromptu performance activities, further release emotions and re-recognize yourself, and learn to get along with others.

Research objects and methods: The research objects are college students with cognitive impairment. 46 college students in music public elective courses in a university were randomly selected. With the consent of the students, these students were gathered to have a unified class. The time of the experiment was 2 months. Before the experiment, understand the problems of these students and choose the musical instruments to play according to the students' hobbies. Establish a good trust relationship with students and choose appropriate music for different types of students. By playing soothing music, music imagination from easy to difficult, and other gradual music treatment schemes, students can slowly relax, experience positive music experience, and try to communicate and cooperate with others in performance and other activities. Relevant data were recorded during the experiment. Through fuzzy comprehensive evaluation, the influence of the reformed music teaching mode on college students with cognitive impairment was evaluated. The quantitative score of influencing factors was 1-5. The higher the score, the greater the impact. SPSS was used to process the relevant experimental data, and the results were averaged and rounded.

Results: The psychological growth of college students is not fully mature. There will be some deviations

and cognitive obstacles in self-cognition and positioning, resulting in psychological conflict, interpersonal communication, job selection and other problems, which will affect the quality of life and mental health of college students. Based on the emotional regulation of music, we should reform the music teaching mode in colleges and universities and intervene the cognitive impairment of college students. After the intervention, the psychological burden score of female college students is lower than that of male college students, and the psychological burden score of female college students is 3. See Table 1 for details.

Table 1. Cognitive impairment scores of college students before and after intervention

Gender	Time	Self-cognition	Psychological burden
Male	Before intervention	3	5
	After intervention	5	4
Female	Before intervention	3	5
	After intervention	4	3

Conclusions: In recent years, the psychological status of college students has been paid more and more attention. Employment anxiety, interpersonal anxiety and other problems are more prominent. The reason is that college students have cognitive obstacles on these problems. Through the reform of music teaching mode in colleges and universities, college students' cognitive obstacles are alleviated, their psychological burden is gradually reduced, they become positive and healthy in mentality, and learn to have a correct understanding of themselves.

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A COMPARATIVE STUDY OF VISUAL EXPRESSION BETWEEN VR AND TRADITIONAL FILMS FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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Background: Positive psychology is different from traditional psychology. The research angle of this psychology is a positive angle, through which the research of traditional psychology is studied. Positive psychology is a new research field. Its role is to study the individual's positive psychological quality and guide the individual to go up on the basis of scientific principles and methods. The individual's positive psychological quality includes integrity, courage, persistence, optimism and so on. In the process of applied therapy, positive psychology stimulates individual positive behavior through relevant environmental design, and promotes the improvement of individual quality of life under relevant behavior control methods. Or cultivate the individual's positive emotions. With the change of time, these positive emotions will imperceptibly change the individual and make the individual more positive. From the perspective of positive psychology, the ultimate target of VR and traditional films are human beings. The expression content of the two types of films will slowly affect human emotions. If we want to cultivate human positive psychological quality, we should play film and television works with various themes of positive psychological quality. Both types of films can cultivate human positive psychological quality, but due to different technologies, they have different visual expression effects. Compared with the visual expression of traditional films, VR films are interactive, immersive, and imaginative. The film can determine the plot by the audience, drive the audience to make positive associations, and promote the positive development of the audience's imagination. With the support of advanced technology, the audience's multiple perception organs are combined with the virtual picture mechanism to make the audience's perception very realistic. Panoramic viewing from a 360° perspective is stronger than the perception of traditional films and can stimulate the audiences' positive feelings more. In addition, VR film is more "playful" under the concept, and the audience can communicate with the characters of the film, so as to enhance the variability of the film and increase entertainment and novelty.

At present, the school pays more attention to the psychological status of students, hoping that students can have positive psychological quality and study actively and actively. Some students believe that high school life is boring, even depressing. It is easy for high school students to avoid the setbacks of the past and the future because of their high personality. Under the advocacy of "love education", teachers encourage students through various forms to mobilize students' learning initiative and enthusiasm. Watching inspirational films is one of them. Due to the different types of film application technology, the role of VR