

reform from management to governance of colleges and universities based on educational psychology. The experimental results show that after working for a period of time, the SAS score, SDS score and HADS the score of university leaders in the research group are lower than those in the control group, and the difference is significant ($P < 0.05$). It shows that the application of educational psychology in the reform can deepen the reform, so as to alleviate the anxiety of college leaders and ensure the normal operation of the school.

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TRY TO ANALYZE THE INFLUENCE OF MUSIC PERFORMERS' ANXIETY ON MUSIC PERFORMANCE

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Background: Stage anxiety is a common phenomenon of music performers in performance, which has a great impact on the live performance of music performers. Stage anxiety is stage tension, also known as performance anxiety. When performing in a strange environment and on a strange stage, each music performer will have varying degrees of anxiety. If the anxiety level is moderate and the music performers can make good use of their anxiety psychology, stage anxiety will become the driving force to promote the music performers to perform better. However, if the anxiety is too serious and the musical performer cannot control his anxiety well, it will affect the performance effect of the music performer on the stage and become an obstacle to the progress of the music performer. Stage anxiety will lead to faster heartbeat, heavier breathing, higher blood pressure, weaker control of muscles and vocal cords, forgetting words and scores, performance mistakes, and so on. Therefore, finding a way to alleviate the stage anxiety of music performers is of positive significance to the long-term development of music performers and the promotion of music in our country.

Behavioral psychology originated in the United States in the early 20th century. It is a branch of psychology. Behavioral psychology is a subject that studies the relationship between human behavior and psychological activities. Behavioral psychology holds that human behavior is an active and conscious behavior under the guidance of consciousness. Human consciousness is composed of intention and cognition, which is the result of the interaction of these two factors. Therefore, based on behavioral psychology, this study analyzes the factors leading to the anxiety of music performers and the impact of music performers' anxiety on music performance, and puts forward strategies to reduce the stage anxiety of music performers.

Objective: Stage anxiety is a common phenomenon of music performers in performance, which has a great impact on the live performance of music performers. Based on behavioral psychology, this study analyzes the factors leading to the anxiety of music performers and the impact of the anxiety of music performers on music performance, and puts forward strategies to reduce the stage anxiety of music performers, which is of positive significance to the long-term development of music performers and the promotion of music in China.

Research objects and methods: In an art college, 80 students majoring in music performance were selected as the research objects. The subjects were investigated by Stage Anxiety Questionnaire (SAQ), Life Events Scale (LES), Symptom Checklist-90 (SCL-90) and Cattell's 16 Personality Questionnaire.

Research design: Using the random number table method, 80 students majoring in music performance were randomly divided into research group and control group, with 40 people in each group. The students in the research group used strategies based on behavioral psychology to alleviate stage anxiety, and then performed on stage, the students in the control group used traditional methods, such as deep breathing, to alleviate stage anxiety, and then performed. Record the anxiety level of the two groups of students before and after the performance.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: Before the performance, there was no significant difference in the anxiety degree between the two groups ($P > 0.05$). After the performance, the anxiety degree of the students in the study group was significantly lower than that of the students in the control group ($P < 0.05$). The stage anxiety questionnaire scores of the two groups of students are shown in Table 1.

Table 1. The stage anxiety questionnaire scores of the two groups of students

Timing	SAQ scores		<i>t</i>	<i>P</i>
	Research group	Control group		
Before the performance	11.5±2.3	10.7±3.1	0.304	0.653
After the performance	7.6±2.7	10.5±2.9	6.420	0.000
<i>t</i>	7.371	0.421	-	-
<i>P</i>	0.000	0.681	-	-

Conclusions: When performing in a strange environment and on a strange stage, each music performer will have varying degrees of anxiety. Stage anxiety will lead to faster heartbeat, heavier breathing, higher blood pressure, weaker control of muscles and vocal cords, forgetting words and scores, performance mistakes and so on. Based on behavioral psychology, this study analyzes the factors leading to the anxiety of music performers and the impact of the anxiety of music performers on music performance, and puts forward strategies to reduce the stage anxiety of music performers. The results showed that there was no significant difference in the anxiety level between the two groups before the performance ($P > 0.05$). After the performance, the anxiety level of the study group was significantly lower than that of the control group ($P < 0.05$).

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RESEARCH ON THE SIGNIFICANCE OF COLLEGE MUSIC EDUCATION IN ALLEVIATING COLLEGE STUDENTS' COGNITIVE IMPAIRMENT

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Background: Cognitive impairment is a very serious mental disorder. In psychiatry, the existing studies on cognitive impairment point out that there are great problems in the cognitive ability of patients with cognitive impairment, and it is difficult to be fully alleviated. However, in order to improve the physical and mental health of cognitive impairment and promote the harmonious development of society, there are also a large number of studies on the treatment of cognitive impairment. Many of them believe that music therapy can effectively alleviate the level of cognitive impairment of patients. As an emotional carrier, music contains rich thoughts and cultures. Psychiatry believes that rich cultural thoughts can not only directly affect the cognitive ability of patients with cognitive impairment, but also easier to implement treatment during this period. In the understanding of music, the perception of music by people with cognitive impairment will be quite different from that of ordinary people. In college education, in order to alleviate the cognitive obstacles of students and remove the traditional ideological and political teaching, colleges and universities began to take music teaching as an elective content to alleviate the serious obstacles of students. Music, as the carrier of a variety of ideas, contains extremely rich core cultural content. Therefore, the application of music education to the alleviation of cognitive impairment of college students is of great value. At the same time, it can promote the development of music on the basis of the alleviation of cognitive impairment of patients.

In college music education, the purpose is to increase students' extracurricular learning content and cultivate students' comprehensive quality on the basis of students' professional courses. Therefore, in the traditional teaching of colleges and universities, music education is mostly an elective course to assist students' growth. In the course teaching, teachers' pay less attention to students, so they know little about students' psychological and mental status. At the same time, some studies have pointed out that in college music teaching, due to the small psychological needs of students and the low classroom enthusiasm reflected in music teaching, it leads to the poor teaching effect in college students' music courses, and it also leads to the difficulty of alleviating students' cognitive impairment. In order to solve the above problems, the research puts forward the important practical significance of college music education, obtains the important correlation between college music education and students' growth, and aims to analyze the role of college music education in alleviating students' cognitive impairment, in order to provide theoretical support for the healthy development of college students.

Objective: This paper discusses the current situation of college music education, analyzes the impact of college music education on students' psychological activities, and analyzes the significance of college music education in the alleviation and treatment of college students' cognitive impairment.

Study design: Taking the students of a university as the object, the cognitive impairment of all the