

**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

students in the university is counted, so as to analyze the current situation of the students with cognitive impairment in the university. Taking the number of students in music education in colleges and universities as an example, count the number of students with cognitive impairment in recent years and the changes of cognitive ability of students with cognitive impairment, and evaluate the mitigation effect of students with cognitive impairment in music education.

**Result:** In college music teaching, the statistics of the number of students with cognitive impairment and the changes of cognitive ability are shown in Table 1. Table 1 shows that the number of students with cognitive impairment in music teaching shows a decreasing trend, and the number of patients with severe impairment also gradually decreases, while the number of students with mild cognitive impairment does not increase significantly. Comparing the differences between the results and data, it was found that the number of students with cognitive impairment after music education was significantly different from that before education ( $P < 0.05$ ).

**Table 1.** Changes in music cognitive impairment of middle school students

Degree of cognitive impairment	Before teaching	After teaching	<i>P</i>
Total number	65	48	<0.05
Light	32	36	<0.05
Moderate	21	9	<0.05
Severe	12	3	<0.05

**Conclusions:** Alleviating college students' cognitive impairment is a key topic of social concern. Therefore, colleges and universities need to carry out relevant courses that can effectively alleviate students. In college education, music education is proposed to alleviate students' cognitive impairment. In order to explore the effect and significance of music education in the alleviation of college students' cognitive impairment, the students in college music education courses are taken as the research object. The application value of music education to the alleviation of students' cognitive impairment is judged by analyzing the change of the number of students with cognitive impairment and the change of students' cognitive ability. The results show that the number of college students with cognitive impairment is gradually decreasing in the process of receiving music teaching. At the same time, among the students with cognitive impairment, the number of students with severe cognitive impairment has decreased significantly. It can be learned that in higher education, in order to solve the problem of students' cognitive impairment, colleges and universities should carry out more perfect music teaching to expand students' knowledge level, guide students' subjective thoughts, improve students' cognitive impairment level, and also provide corresponding practical materials for the reform and innovation of higher education.

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## THE EFFECT OF IDEOLOGICAL AND POLITICAL EDUCATION BASED ON EDUCATIONAL PSYCHOLOGY ON THE CULTIVATION OF COLLEGE STUDENTS' SENSE OF SOCIAL RESPONSIBILITY

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**Background:** Some students are influenced by some bad thoughts, their value orientation is distorted, their sense of social responsibility is missing, their ideals and beliefs are vague, their mental health level is low, and they are easy to fall into mental anxiety. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat of imminent threat of an individual to something. Many studies have shown that maintaining moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. Therefore, it is necessary to find an appropriate method to help students alleviate anxiety.

In the education system of colleges and universities, ideological and political education plays a role in helping students shape positive, healthy and upward ideals and beliefs, establish a correct outlook on life and values, cultivate students' sense of social responsibility and improve their mental health level. Educational psychology is a psychological theory put forward for teaching reform. It has important