

effect, this paper analyzes the vocal music singing teaching process with the help of psychological theory and actively intervenes it.

**Research objects and methods:** The research takes the students with learning and psychological barriers in the major of vocal music singing in a university as the research object. Firstly, the data of students' learning status and psychological problems are collected, and then the vocal music singing teaching mode is innovated and reformed, that is, the theory of psychology is used to promote teachers' attention to students' learning motivation and psychological problems in the teaching process guide and intervene, and test the teaching effect and students' psychological changes with the improved teaching model.

**Method design:** Firstly, the information collection and grade evaluation of students' learning psychological obstacles and psychological problems are carried out, and then the influencing factors of students' psychological problems are analyzed with the help of principal component analysis. On this basis, targeted teaching reform is carried out. The optimized vocal music singing teaching mode is applied to classroom practice. The experimental time is three months. After the experiment, the experimental data are statistically processed by statistical analysis tools.

**Methods:** Principal component analysis was used to analyze the classroom influencing factors affecting students' psychological problems, and the innovative vocal music singing teaching mode was used to analyze the improvement of classroom teaching under the guidance of psychological theory on students' learning status and psychological problems.

**Results:** The psychological perspective can effectively guide teachers to grasp the characteristics of the teaching process and the psychological law of students, pay attention to the behavior characteristics of students, and improve the teaching quality with the help of multi-means and multi-way teaching methods, so as to improve students' psychological problems and improve their mental health level and professional ability. Table 1 shows the score statistics of students in different performance dimensions before the improvement of classroom teaching mode.

**Table 1.** Statistics of students' scores in different performance dimensions before the improvement of classroom teaching mode

| Dimension                   | Mean  | SD    |
|-----------------------------|-------|-------|
| Learning negative mentality | 4.315 | 0.639 |
| Memory loss                 | 3.761 | 0.831 |
| Self cognitive efficacy     | 2.288 | 0.539 |
| Anxiety Psychology          | 4.253 | 0.678 |

**Conclusions:** The application of psychological theory to vocal music singing teaching can enable teachers to carry out different degrees of intervention according to different learners' professional conditions and psychological change characteristics, so as to improve their learning motivation and learning enthusiasm and strengthen humanistic care for students. The integration of psychology and education helps to deepen teachers' cognition of teaching activities and teaching subjects, improve students' psychological problems and improve teaching quality.

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## ON THE TEACHING REFORM METHODS OF VOCAL MUSIC PERFORMANCE UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology is a branch discipline combining psychological theory with the field of education, that is, in the teaching process and teaching situation, it actively intervenes in the teaching process, teaching subject and object, educational psychology, and effectively guides and intervenes on the premise of meeting students' learning needs. Educational psychology can develop many special fields to study educational problems, which can be applied to curriculum design, teaching method improvement and teaching motivation guidance, help students deal with difficulties and challenges in life and learning, and emphasize students' subjective status and teaching laws. Educational psychology provides a psychological scientific basis for the setting of diversified courses. It can effectively guide teachers to innovate and

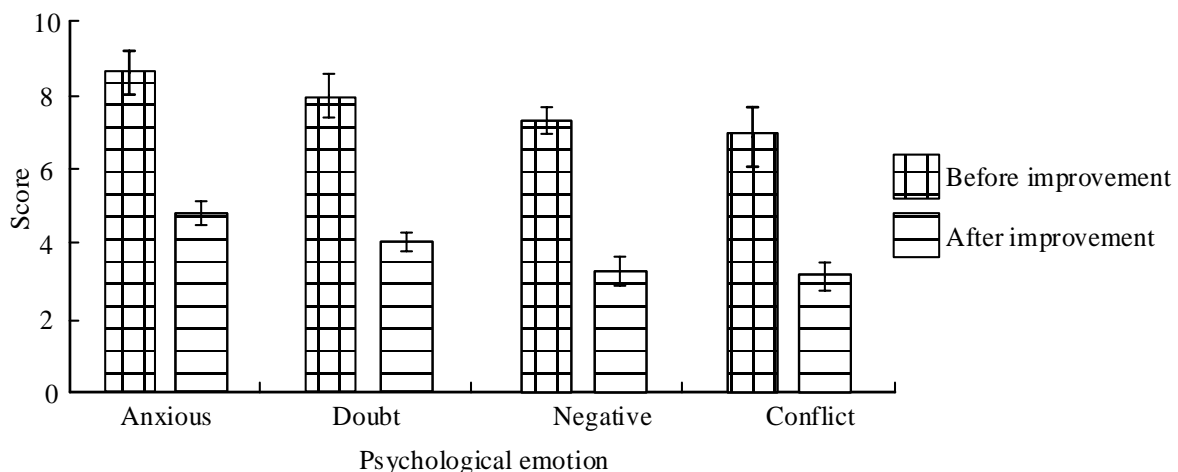
improve teaching methods, teaching means and teaching schemes, including the relationship between students' personality development and educational environment, ability development and knowledge learning. Research on the relationship between social development and standardized learning, as well as the regularity between the effectiveness of teaching and talent training. Each school of pedagogy in history has established its own theoretical system directly based on the corresponding psychological views. Teaching is a process of interaction between teachers and students, and its essence is the choice of methods. On the basis of analyzing the psychological characteristics of teachers and students, choosing different teaching methods can achieve different teaching effects, and different psychological characteristics and goal orientation will lead to students' different attitudes and enthusiasm towards learning. Under the current background of vocal music teaching reform, due to the lack of clear goal orientation, single and backward talent training mode and the neglect of the attention to the practical ability of students majoring in vocal music performance, students are prone to psychological burden and psychological problems under the influence of many factors, which will affect the improvement of their learning quality and professional ability. In the teaching process, teachers do not take into account the differences between individual students, but only use the "standardized" training mode for teaching, which makes the teaching effect deviate from the students' psychological needs, resulting in negative emotions and psychological problems, affecting their learning and living standards. Therefore, from the perspective of educational psychology, we should improve the teaching quality from the aspects of the design of teaching content, the selection of teaching resources and the evaluation of teaching mode, in order to pay full attention to the needs and psychological change characteristics of students and realize the all-round and healthy development of students.

**Objective:** With the help of educational psychology, this paper analyzes the problems existing in the current course teaching of vocal music performance specialty and the psychological characteristics of students, applies multi-channel and multi-means to the innovation of teaching content, teaching resources and teaching means, realizes the renewal of teaching concept and the reform of teaching structure of vocal music performance specialty, and then realizes the personalized teaching of vocal music specialty students. Pay attention to their psychological problems and emotional difficulties in the teaching process, and alleviate their negative emotions.

**Research objects and methods:** The research takes the students majoring in vocal music performance in a university as the research object, evaluates their teaching status and psychological status, integrates the psychological theory into the teaching classroom, realizes the innovation and improvement of the original vocal music performance teaching classroom, and intervenes the improved teaching model to the research object. Explore the changes of students' psychological needs and the mitigation of psychological problems in the teaching process, so as to reduce their negative emotions caused by professional problems.

**Method design:** With the help of principal component analysis, the factors affecting the teaching effect are analyzed, and then the vocal music performance teaching classroom is innovated and optimized. The new model is constructed to collect the learning needs, psychological laws and changes of psychological problems of the experimental subjects within three months, and make statistical analysis of the data to obtain the experimental results.

**Methods:** SPSS23.0 analysis tool to process the experimental data, extract the influencing factors with principal component analysis, and test its intervention mechanism on students' psychological problems with the new vocal music performance teaching classroom optimization model.



**Figure 1.** Statistics of scores of students' psychological and emotional changes before and after the experiment

**Results:** Educational psychology can effectively grasp the teaching needs and psychological characteristics of both sides in the teaching process, guide teachers to optimize teaching courses according to students' psychological needs and problems, and then improve students' professional quality and ability and help them solve psychological problems, make them learn with a more positive attitude.

**Conclusions:** Educational psychology can provide theoretical basis for classroom teaching, enable teachers to teach students according to their aptitude, teach without category, and fully mobilize students' enthusiasm and initiative to participate in the classroom on the basis of grasping the psychological law and teaching law of teaching subject and object. At the same time, integrating teaching psychology into curriculum teaching reform can pay more attention to students' psychological changes and needs, and then enlighten students' negative emotions with the help of teaching means. Make it look at the changes of itself and surrounding things more objectively and comprehensively, and improve the level of mental health.

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## THE INFLUENCE OF LANGUAGE ART EXPRESSION ON ALLEVIATING AUDIENCE MENTAL ANXIETY IN NEWS COMMUNICATION

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**Background:** The main feature of mental anxiety is anxiety, which will produce anxiety without basis and origin, and there is no clear objective object and specific content. In addition to anxiety, individuals with mental anxiety will also have fear and anxiety, muscle tension, autonomic nerve symptoms and other physiological reactions. According to different classification methods, the types of mental anxiety are different. According to the time of symptom onset, it can be divided into acute anxiety and chronic anxiety. Acute anxiety often occurs at night, with panic attacks. Individuals will have physiological symptoms such as tachycardia and dyspnea. In severe cases, there will be limb weights, numbness around the mouth and so on. Chronic anxiety usually appears panic, fatigue and neuroticism, sometimes accompanied by physiological symptoms such as cold sweat, nausea and urgent urination. This kind of anxiety is similar to neurasthenia and needs careful judgment. In addition, according to the characteristics of symptoms, mental anxiety can be divided into two types: generalized anxiety and panic attack. In generalized anxiety, individuals will be nervous without certain objects, and show excessive worry or worry about some problems in real life, and this anxiety has the characteristics of regularity and persistence. Terrorist attacks are repeated strong panic, and you will feel out of control.

In the fast-paced life, people's pressure gradually increases. For a long time, under various pressure environments, many people have mental anxiety, especially generalized anxiety. People are only in a state of anxiety, but they can't tell why they are anxious. The news has changed from a humorous language to a more entertaining language, which has attracted the audience's attention and increased the artistic expression of the news. Let the audience feel a lot of fun when watching some social news, make people laugh unconsciously, feel relaxed, forget the troubles in real life, and deepen people's memory of those social news. According to the characteristics of language art expression in news communication, this paper studies the influence of language art expression in news communication on alleviating audience mental anxiety.

**Objective:** To analyze and study the characteristics of language art expression in news communication, study its specific impact on the audience's mental anxiety, and on this basis, put forward relevant suggestions on news communication, increase the diversity and novelty of language art expression in news communication, attract the audience's attention and alleviate the audience's mental anxiety. Increasing the interaction between the program and the audience, improve the enthusiasm of the audience to watch relevant news programs, so as to further alleviate the mental anxiety of the audience.

**Research objects and methods:** The research object is college students. Using data mining technology, 200 college students with mental anxiety are mined from the mental health database of a university. The 200 students were divided into normal group (66), traditional news group (67) and new news group (67). During the experiment, the normal group conducted general teaching. The traditional news group and the new news group watched 45 minutes of news on the basis of general teaching. The news of the traditional news group and the reform news group adopted the traditional news communication mode and the innovative news communication mode respectively, and watched once a week for 3 months. During the experiment, relevant data were recorded and analyzed by SAS software. The influence of specific factors was quantified by 1-5 grades. The higher the score, the greater the impact. The impact of language art