

shows the statistics of teaching effect scores under different classroom teaching modes.

Table 1. Statistics of teaching effect scores under different classroom teaching modes

Evaluation dimension	Richness of teaching content	The burden of homework	Learning enthusiasm	Innovation of learning
New mode	21.35±4.52	14.16±3.34	19.25±7.13	23.86±3.47
Old mode	19.78±3.14	25.37±1.25	12.44±5.11	18.24±4.13

Conclusions: Educational psychology can provide a theoretical basis for classroom teaching and lay a psychological scientific foundation for the study of China's teaching reform. It is committed to serving practical education. On the basis of grasping the psychological law and teaching law of the subject and object of teaching, it can teach students according to their aptitude, teach without category, and greatly improve the teaching level and quality, fully mobilize the enthusiasm and initiative of students to participate in the classroom, and improve the level of mental health.

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AN EMPIRICAL ANALYSIS OF THE EFFECT OF MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES INTEGRATING MUSIC CULTURE IN DIFFERENT REGIONS ON STUDENTS WITH AFFECTIVE DISORDER

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Background: With the rapid development of the times, people's pace of life is accelerating, and all kinds of pressure are pouring in. College students in colleges and universities will inevitably feel different degrees of pressure. Academic anxiety, emotional anxiety, interpersonal anxiety and Employment anxiety are the sources of college students' affective disorder. College students' affective disorder is a psychological burden for them, and some intervention measures need to be taken to alleviate this affective disorder. Relevant studies have found that music can weaken people's negative emotions and make individuals grow emotionally and psychologically. China's regional music culture is rich and diverse, with strong local characteristics. Being able to feel the local people's love for life and people's simple feelings from local music will have a strong impact on the listener's psychology, so as to bring the listener into the music atmosphere with strong local characteristics, then affect the listener's mood and weaken the listener's negative mood. Therefore, in order to improve the mental health of college students, colleges and universities should reform the previous music education, change the previous way of music indoctrination teaching, pay attention to the importance of college students' emotion in music education, integrate music culture from different regions into college music education, let college students feel the charm of music culture from different regions, and improve the mental outlook of college students, continue to inherit the regional music culture that has been increasingly ignored by people, and bring new vitality to the regional music culture.

Objective: Through the reform of music education in colleges and universities, integrate the music culture of different regions into music education in colleges and universities, so that college students can understand people's lives in different regions through regional music culture, feel the cultural characteristics of different regions, understand the thoughts and feelings that those music should convey, and stimulate the burst of college students' emotions through emotional resonance, and taste the charm of music culture in different regions, so as to get emotional sublimation and alleviate emotional barriers. In this process, we should improve the teaching quality of music teachers, make good use of multimedia and network technology, and increase the music atmosphere for classroom teaching.

Research objects and methods: The research objects are college students. Through stratified cluster random sampling, 60 college students from different majors, grades and regions are selected in the public elective course of music education in a university. After the beginning of the experiment, they were given music education to integrate into the music culture of different regions. The experimental time was 2 months, with one class per week and one class for 90 minutes. Before and after the experiment, the relevant data were collected in the form of questionnaire, and the emotional changes of college students

were collected by Symptom Checklist-90 (SCL-90). The influence of specific factors was quantified by 0-4 scoring system. 0 indicates irrelevant, 1 indicates slight influence, 2 indicates general influence, 3 indicates obvious influence, and 4 indicates complete influence. The 1-5 grade scoring system is used to quantify the psychological status of college students. The higher the score, the more serious the symptoms are. SPSS software is selected as the processing software of relevant data. The average value of the obtained results shall be calculated, and the number after the decimal point shall be rounded. This data processing method can reduce the influence of subjective factors. This paper analyzes the results and discusses the effect of college music education integrated into music culture in different regions on college students' emotional disorder.

Results: After the experimental data were processed by SPSS software, we can see the impact of college music education integrated into music culture in different regions on college students' affective disorder. The scoring results are shown in Table 1.

Table 1. The influence of college music education integrated into music culture in different regions on college students' emotional disorder

Grade	Music type	Emotional atmosphere	Situational teaching
Freshman	3	4	3
Sophomore	4	3	4
Junior	4	4	4

In Table 1, in the college music education integrated into the music culture of different regions, different educational measures have different effects on college students' affective disorders. From different grades, freshmen feel that music education can have the greatest impact on the emotional atmosphere, with a score of 4 points, followed by music types and situational teaching. The impact of these two measures is the same, with a score of 3 points. Junior students believe that music type, emotional atmosphere and situational teaching are very important.

Conclusions: Through the college music education integrated into the music culture of different regions, college students feel the characteristics of different regions and the emotions expressed in the music. They are quite touched. They have a deep understanding of the saying of "moving people with beauty and making people with beauty", and their emotions become positive. After this music education, college students feel that the regional music culture should continue to be inherited, keep pace with the times and innovate constantly.

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INFLUENCE OF MUSIC TEACHING REFORM AND INNOVATION ON STUDENTS WITH COGNITIVE IMPAIRMENT IN COLLEGES AND UNIVERSITIES

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Background: College students are the main objects of education in China. Generally speaking, college students will have a certain degree of anxiety after leaving the high school campus environment and entering the university campus, and they will have different degrees of cognitive impairment when facing the unfamiliar university campus environment. From the perspective of psychology, the main reason for college students' cognitive impairment lies in the improvement of the difficulty of college education and the increase of the knowledge involved in college teaching, which has an impact on students' conventional cognition, resulting in cognitive impairment. In addition, in psychiatry, cognitive impairment is recognized as a mental disorder with cognitive deficiency. Patients with cognitive impairment cannot understand external things and express their inner thoughts. It is a mental disease that seriously affects students' normal life. In view of the current situation of college education, in view of the cognitive obstacles of college students, colleges and universities continue to improve the teaching system and teaching mode, and urge teachers to formulate teaching plans from the aspect of students' psychological cognition. However, it is undeniable that college students' cognitive impairment has gradually shifted from curriculum learning to daily life. In order to better alleviate college students' cognitive impairment, it is necessary to implement teaching management for college students. Some studies suggest that cultural teaching such as music teaching can be carried out in college teaching to affect students' cognitive impairment and alleviate