

learning, and it is also the main factor hindering the normal development of college teaching. In college teaching, a foreign language is an important subject to help students broaden their horizons. In the research, aiming at the obstruction of Russian language and culture communication in colleges and universities, starting with students' cognitive obstacles, and taking solving students' cognitive obstacles as the starting point, this paper puts forward Russian language and culture communication strategies. The results show that under the new teaching scheme, the number of students with serious cognitive impairment is decreasing, and students' Russian scores are significantly increasing. Therefore, in order to improve the teaching quality and help students learn the language and culture in foreign languages, colleges and universities need to consider students' cognitive barriers and formulate teaching plans by alleviating students' cognitive barriers.

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THE IMPORTANCE OF CONTEMPORARY COLLEGE STUDENTS' VALUES EDUCATION FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: As a psychological subject studying social activities, social psychology can effectively analyze social activities and explore the behavior changes between social organizations. In college teaching, teachers gradually pay attention to social dynamic changes when formulating teaching plans, and formulate teaching plans closer to life through social activities. Therefore, analyzing the application of social psychology in college teaching innovation is of great significance to the improvement of college education level. The research of social psychology is mainly aimed at the behavior process and interpersonal relationships of individuals under the influence of the external environment. Social psychology believes that individual experience is affected by social activities, resulting in psychological and behavioral changes. From the current situation of college teaching, students' campus activities are a kind of social activities, and students' social behavior on campus also affects students' psychology all the time. In some studies, it is proposed that the campus, as a transitional stage in which students are inferior to the society, all the social activities arranged by the school on the campus are set up to help students adapt to social activities in advance. Similar to external social communication, in the research of social psychology in colleges and universities, Tong Yang believes that it includes social activities, social communication behavior, group psychology and other main contents. With the continuous changes of the international community, it is questionable how to gradually improve students' psychological values through social psychology.

The values of contemporary college students are mainly constructed and improved through college teaching. In college teaching, the responsibility of school leaders and teachers is not only to instill relevant professional knowledge into students' thoughts in the form of theory, but also to help students establish healthy values in teaching courses. Generally speaking, the healthy values of college students include establishing correct ideological and moral quality, cultivating students' firm patriotism, cultivating students' positive outlook on life and establishing correct values. From the current college education, students' values education is mainly in ideological and political teaching, but it is undeniable that the current college ideological and political education curriculum is still not deep enough. The current ideological and political education in colleges and universities emphasizes that students receive correct ideological and political education in the classroom and build a perfect moral system, but most of them are only reflected in theory and are difficult to deal with the changing real environment. Therefore, the research starts from the perspective of social psychology, takes the changes of social activities and students' social psychology in the content of social psychology as the theoretical basis of teaching, and puts forward a more targeted value education model for college students for the purpose of cultivating students' values.

Objective: This paper discusses the current situation of students' social activities in colleges and universities, analyzes students' social psychology in social activities, discusses the impact of students' social psychology on students' daily learning state, and analyzes the role of students' social psychology in their values education.

Study design: Taking a university as an example, 200 students were randomly selected from the university for tests and analysis. The school social activities participated by all students from 2019 to 2021

were counted, and the main social psychology of students was obtained by cluster analysis. Evaluate the impact of students' social psychology on students' daily learning, including students' professional achievements and students' psychological changes. The innovative model of college students' values education is formulated based on students' social psychology, which is applied to 200 participating students to evaluate students' professional achievements and psychological changes under the innovative model.

Results: The professional scores and psychological changes of students are shown in Table 1. Table 1 shows that the average score of students' professional performance has been significantly improved after receiving the innovation mode education. At the same time, under the influence of the innovation mode, the number of students with positive psychology has also increased significantly, especially the number of students with correct values.

Table 1. Changes of students' values before and after education

Project	Professional achievement	Firm patriotism	Positive outlook on life	Correct values
Before education	67.8	127	92	66
After education	81.4	184	163	179
<i>P</i>	<0.05	<0.05	<0.05	<0.05

Conclusions: In college education, how to cultivate students' correct values has always been a problem that colleges and universities try to breakthrough. In the research, aiming at the problem of cultivating the correct values of college students, an innovative teaching model in colleges and universities based on social psychology is proposed. This model emphasizes that students' social psychology is the main element affecting students' thoughts. The test results show that under the influence of the innovative model, students' ideological and political professional scores have been significantly improved, and students' values have been cultivated, among them, the number of students who establish correct values has increased significantly. Therefore, in college teaching, in order to help students, develop good values, we should fully understand students' social psychology, take social psychology as the theoretical basis, and build an innovative model that fully affects students' learning attitude, so as to improve students' correct values and promote students' healthy growth.

Acknowledgement: The research is supported by: the Major Program of the Philosophy and Social Science Research in Colleges and Universities in Jiangsu Province, Research on Performance Evaluation of College Students' Values Cultivation in the New Era (No. 2020SJZDA167).

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THE INFLUENCE OF SINGER'S PSYCHOLOGICAL ANXIETY ON SINGING STABILITY

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Background: For vocal singers, people pay more attention to their singing skills, and often ignore the influence of the singer's psychological state on the singing effect, but the vocal singing effect is closely related to the singer's own psychological activities. Psychological factors play an important role in the singer's singing process. Vocal singers are prone to produce varying degrees of psychological anxiety in training, performance, singing examination and other singing practice activities, which affects the singers' singing performance in singing practice. Psychological anxiety refers to the tension and uneasiness caused by the inability to effectively solve the problem or the premonition that it is difficult to deal with when individuals are facing difficulties or obstacles. Some vocal singers have poor adaptability to the performance environment and are prone to serious psychological tension when performing in unfamiliar venues. There are also some singers who care too much about their singing results and perform in front of a large audience. They have panic and anxiety because they are worried about their performance mistakes. When the vocal singer's psychological anxiety reaches a certain degree, it will seriously interfere with the singer's singing performance and affect the singer's physical and mental health development.

Vocal performance is a comprehensive art, which conveys the singer's emotion and shows the singer's understanding of the song through the performance of human voice and body. In the actual music performance activities, singing may often produce singing psychological anxiety due to insufficient preparation and self-confidence, which will affect the singer's singing performance and the final performance effect. Good mental health can play a positive role in the effect of singers' singing programs,