

and good singers' psychological activities can endow singing songs with soul. The poor psychological state is not conducive to the singer giving full play to his singing strength. The performance effect of vocal performance is affected by the vocal singer's sound state and psychological state. Therefore, the research on the importance of the singer's psychological factors in the singing process has important practical significance for the improvement of the singer's singing level and technology.

**Objective:** The research analyzes the singer's psychological anxiety state in the singing process, discusses the influence of the singer's psychological anxiety state on the singing stability, and analyzes the mechanism of psychological factors in the singing process of vocal singers, so as to provide a reference for maintaining the singing stability of vocal singers.

**Study design:** Through the statistical analysis of the psychological anxiety of vocal singers, through the analysis of the degree and causes of the psychological anxiety of vocal singers, this paper deeply analyzes the influence of the psychological anxiety of singers on the stability of their singing, discusses the influence mechanism of the psychological anxiety of singers, and puts forward the mitigation measures of the psychological anxiety of singers on this basis, help vocal singers reduce the influence of psychological anxiety on the effect of singing. The study uses the method of correlation analysis to analyze the influence of vocal singers' psychological anxiety on their stable performance, and uses Spearman correlation coefficient to measure the correlation between vocal singers' psychological anxiety and their stable performance.

**Results:** The statistical analysis results of the causes of singers' psychological tension and anxiety are shown in Table 1. Nervous stage fright, self-confidence, eager for success, inadequate preparation and other adverse emotional effects are the important reasons for singers' psychological anxiety. Then vocal singers are not confident in their own performance strength and lack practical experience, resulting in tension, which affects the stable play of their singing strength. Some singers are eager for success, and their study of vocal music singing knowledge is not complete. Regardless of their own actual development situation, they blindly pursue singing skills, which will also lead to the psychological anxiety of singers. Sometimes other bad emotions of the singer will directly or indirectly affect the stability of the singer's psychological state and interfere with the singer's singing performance.

**Table 1.** Statistical analysis of the causes of singers' psychological tension and anxiety

Survey object	Male	Female
Nervous stage fright	3	4
Lack of confidence	3	4
Eager for success	4	3
Inadequate preparation	4	3
Other adverse emotional effects	3	3

**Conclusions:** A good psychological state and singing physiological state have a direct impact on the performance effect of the singer. A good psychological state can help the singer show his emotions more comprehensively, integrate the singer's understanding of the song into the vocal singing, and comprehensively show the emotional connotation that the singer expects to convey to the audience through the singing performance. A good psychological state will have a positive impact on the singer's physiological state and help the singer to keep a relaxed state to sing. Psychological anxiety will have a negative impact on the singer's singing effect, affect the stable play of the singer's singing strength, reduce the singer's real-time singing level, and affect the singer's final singing performance effect. And the singer's psychological state will also affect the movement of his throat organs. When the singer falls into psychological anxiety, the singer's whole-body muscles will enter a tight state, which will lead to the rigidity of his throat organs, which is not conducive to the stable play of singing performance.

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## THE IMPACT OF TOURISM PROTECTION AND DEVELOPMENT OF FAMOUS HISTORICAL AND CULTURAL VILLAGES ON ALLEVIATING CONTEMPORARY PEOPLE'S MENTAL ANXIETY

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**Background:** With the advancement of social and economic development, the speed of social development is accelerating day by day, and social competition is fierce, which makes contemporary people's mental anxiety problems occur frequently, and many people are suffering from different degrees of mental anxiety. The ever-changing social form has brought great pressure on people's life, work, family and interpersonal communication, which makes people fall into a state of mental anxiety for a long time, affects people's mental health and reduces people's quality of daily life. Being in a high state of mental anxiety for a long time will seriously affect the quality of people's mental health and have a serious negative impact on people's daily life, resulting in people's trance, inattention, insomnia and other problems, which is not conducive to the development of people's physical and mental health. In the high-pressure modern social situation, mental anxiety has become the spiritual normality of modern people. People more or less have certain mental anxiety, which requires people to relax their body and mind and adjust their psychological balance by diverting their attention and other ways.

As a precious cultural heritage in China, ancient villages with profound historical and cultural heritage have witnessed the vicissitudes and changes of the Chinese nation and the process of historical development. With the development and upgrading of China's tourism industry, the protection and development of China's famous historical and cultural villages have attracted extensive attention from all walks of life. With the expansion of modern tourism, the development of tourism resources in ancient villages has been deepened, the impact of tourism industry development on famous historical and cultural villages has been strengthened, and the contradiction between the protection and utilization of culture and heritage has become increasingly prominent. It is required to maintain a good balance between the tourism development of famous historical and cultural villages and the protection of cultural heritage, handle the relationship between cultural heritage protection and tourism development.

**Objective:** The research analyzes the current situation of the protection and tourism development of famous historical and cultural villages, understands the protection and development methods of famous historical and cultural villages, deeply analyzes the internal contradiction between the cultural heritage protection and tourism development of famous historical and cultural villages, and discusses the development means to ensure the balance between the protection and tourism development of famous historical and cultural villages. This paper studies and analyzes the mental health status of contemporary people, understand the degree of contemporary people's mental anxiety, and deeply analyzes the role and effect of the protection of historical and cultural villages and tourism development in alleviating contemporary people's mental anxiety, hoping to provide new ideas for alleviating contemporary people's mental anxiety and promoting the transformation of rural economic development.

**Study design:** The research collects the tourism protection and development of famous historical and cultural villages through network channels, understands the promotion effect of tourism protection and development progress of famous historical and cultural villages, analyzes people's mental anxiety in contemporary social forms, and obtains the current situation information of contemporary people's mental anxiety. The study uses the method of correlation analysis to analyze the relationship between the tourism protection and development of famous historical and cultural villages and the alleviation of contemporary people's mental anxiety, combined with the Spearman correlation coefficient to understand the effect of the tourism protection and development of famous historical and cultural villages on the alleviation of contemporary people's mental anxiety, deeply excavate the internal relationship between them, and analyze the entry point of the tourism protection and development of famous historical and cultural villages, it provides help for promoting the tourism protection and development of famous historical and cultural villages and improving the mental health level of contemporary people.

**Results:** The statistical analysis results of contemporary people's mental anxiety emotional state are shown in Table 1. Mental anxiety is a common psychological problem of contemporary people, and most people have different degrees of mental anxiety.

**Table 1.** Statistical analysis results of contemporary people's mental anxiety and emotional state

Tourist age	18-30	31-40	41-50	51-60
Anxious	4	3	4	3
Depressed	3	2	3	2
Hostile	1	1	1	1
Terror	1	1	2	1
Paranoid	2	1	1	1
Psychotic factor	1	2	1	1

**Conclusions:** To realize the protection and tourism development of famous historical and cultural villages, we can deeply excavate the non-cultural heritage infamous historical and cultural villages, take the non-cultural heritage as the starting point, give play to the guiding role of folk culture, use the local characteristics of famous historical and cultural villages to attract more tourists and promote the development of rural tourism. The protection and development of famous historical and cultural villages should strengthen the living inheritance of non-cultural heritage, pay attention to the living inheritance of cultural heritage, protect and respect the development laws and characteristics of cultural heritage, and promote the commercial and economic development of famous historical and cultural villages based on the inheritance of intangible cultural heritage of famous historical and cultural villages. Moreover, the government should establish the protection system of intangible cultural heritage inheritors from the institutional level, realize the intelligent protection of intangible cultural heritage through digital technology, establish the database of intangible cultural heritage inheritors, and promote the impact of historical and cultural village protection and tourism development on modern people's spiritual anxiety.

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## ANALYSIS OF THE INFLUENCE OF THE INNOVATIVE DEVELOPMENT OF IDEOLOGICAL AND POLITICAL EDUCATION ON STUDENTS' MENTAL ANXIETY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology is a branch of social psychology, and it is closely related to general psychology and pedagogy. Its main research object is the learning and educational psychology of students and the teaching psychology of educators in the environment of receiving education. By studying the psychology of students and educators, the application of educational psychology can achieve many purposes, such as improving teaching methods, stimulating students' learning motivation, assisting students to face difficulties in the learning process and so on. Under the background of the rapid changes of the Chinese era, the growth environment of China's youth groups has become more complex. Due to the unbalanced development of the social environment, the confusion of values on the Internet, the intensification of employment competition among college students and other problems, some college students have the anxiety of irrational emotional tendency. If this anxiety is not eliminated and guided, it may even develop into mental anxiety disorder, which seriously affects students' life, social intercourse, study, employment and other affairs. Dispelling this anxiety, or restricting and eliminating it in the early stage of anxiety, is conducive to helping college students form stable and positive social values. However, at present, most colleges and universities in China do not set up compulsory mental health courses, and a few elective mental health courses are not valued by students and teachers. Therefore, integrating the content of college students' mental health education into the existing courses is a more realistic and effective strategy, and the ideological and political education course has the characteristics of guiding students' thoughts and psychology, it is most suitable for integration with mental health education. Therefore, this study is committed to exploring the feasibility of applying educational psychology methods in college ideological and political courses to guide and treat students' mental anxiety and emotion.

**Objective:** To investigate the current overall mental anxiety of college students in China, and carry out teaching experiments to verify whether the integration of educational psychology theory and method into ideological and political education in colleges and universities can alleviate the symptoms of mental anxiety to a certain extent.

**Participants and methods:** Four colleges and universities were randomly selected from China, and then SAS (Self-rating Anxiety Scale) questionnaire survey was conducted on the students willing to participate in the study. 284 students were selected from the student group with a total score of no less than 50 (it is considered that such students have a certain degree of anxiety symptoms), and they were divided into experimental group and control group on average, carry out ideological and political teaching with the same content, and the teaching experiment lasts for one semester. However, in the teaching process of the experimental group, teachers are required to use the method of educational psychology as much as possible to observe the real-time psychological state of students. When students are found to have anxiety, they should ask and understand the causes of their anxiety in time, and take targeted measures to comfort, encourage solve students' anxiety by solving anxiety affairs, and teach some skills of self-regulation of anxiety. After the experiment, the two groups of students were investigated by SAS questionnaire again. In