

and adaptation barriers due to environmental and personal reasons, with different negative emotions in their hearts, and their mental state is poor. According to the effect of aerobics on body and mind, it can be used in the activities of improving students' physique, alleviating negative emotions and promoting students' normal communication. Therefore, according to the situation of college students' communication and adaptation barriers, this paper reforms the teaching of aerobics in colleges and universities, and studies its improvement effect on students with communication and adaptation barriers.

Objective: To understand the current situation of college students' communication adaptation disorder and study it. On this basis, according to the characteristics of students' communication adaptation disorder, carry out targeted teaching reform of college aerobics course. Through the way of teachers' experience and students' follow-up, let students gradually become familiar with the application of aerobics, and under the practice of progressive superposition cycle. Let students gradually feel the positive emotions transmitted in aerobics, immerse students, enjoy them, release their emotions, improve communication and adaptation barriers, and promote the good development of students' intelligence and psychological quality. In the teaching process, we should select and determine the teaching content according to the situation of students, carry out targeted teaching, show the harmonious unity of music and aerobics in teaching performances, competitions and other activities, let students challenge themselves, realize self-affirmation, reduce psychological pressure, further improve communication and adaptation barriers, and improve interpersonal communication ability.

Research objects and methods: The research objects were college students. 300 college students of different majors and grades were randomly selected from 4 colleges and universities. Understand their physical and mental health status, personal information and their views on aerobics, and carry out the reformed aerobics course teaching for these students for 3 months, practice 60 minutes a week, and record relevant data during the period. Through the fuzzy evaluation method, this paper evaluates the impact of college aerobics teaching reform on improving college students' communication and adaptation barriers, and quantifies the influencing factors. The scoring method is grade 1-5. The higher the score, the greater the impact. SAS software is used to process and analyze the data.

Results: Communication adaptation disorder is a common psychological problem of college students. Students with communication adaptation disorder are unwilling to communicate with others, depressed, accompanied by anxiety and anxiety. According to the physical and mental state of students, carry out the teaching reform of aerobics course in colleges and universities. After the reform, students' emotions become positive, anxiety and uneasiness gradually disappear, and communication adaptation barriers have been improved. In the evaluation of the impact of the teaching reform of aerobics course in colleges and universities on improving the communication and adaptation barriers of college students, the progressive superposition cycle exercise has the greatest impact on improving the communication and adaptation barriers of freshmen, which is 1 point higher than the impact score of teaching performance. The results are shown in Table 1.

Table 1. The influence of aerobics teaching reform in colleges and universities on improving college students' communication and adaptation barriers

Grade	Progressive superposition cycle exercise	Teaching performance	Integration inside and outside class
Freshman	5	4	4
Sophomore	4	4	5
Junior	5	5	5

Conclusions: Aerobics is a sport beneficial to students' physical and mental health. After the teaching reform of aerobics course, college students' communication and adaptation barriers have been improved to varying degrees, their mental health level has been improved, and their interpersonal communication ability has been improved to a certain extent.

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MENTAL STRESS RELIEF STRATEGIES OF MUSIC CONDUCTORS

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Background: The music conductor is the soul of the chorus or band. He needs to guide the playing rhythm of the whole chorus or band so that the performance of multiple voices can be integrated. Once the action of the music conductor is wrong, it will lead to major mistakes in the performance of the chorus or band and affect the performance effect of the whole stage. Therefore, the music conductor has a great responsibility, bears greater psychological pressure, and the music conductor is more likely to suffer from stage anxiety. When performing on the stage, each music performer will have varying degrees of anxiety. If the degree of anxiety is moderate and the music conductor can make good use of his anxiety psychology, stage anxiety will become the driving force to promote the music conductor to perform better, so that the music conductor can play better on the spot. However, if the anxiety is too serious, and the music conductor cannot control his anxiety well, it will affect the command effect of the music conductor on the stage, resulting in a great reduction in the performance effect of the band or chorus. Therefore, finding a way to alleviate the stage anxiety of music conductors is of great significance to the long-term development of music conductors.

Personality psychology is a branch of psychology, which mainly studies the unique behavior patterns of individuals, including beliefs, self-concept, personality and so on. Personality psychology holds that each individual has unique characteristics, that is, the specificity of behavior characteristics and personality composition characteristics. This uniqueness leads individuals to choose different coping styles when facing the same problem. Based on the theory of personality psychology, in order to dredge the negative emotions of anxiety patients and achieve the effect of treating anxiety, we first need to change the patient's personality traits such as thoughts, ideas and emotions. Therefore, based on personality psychology, this study analyzes the factors leading to excessive mental pressure of music conductors, and puts forward strategies to solve problems, so as to alleviate the stage anxiety of music conductors and make the band or chorus show better stage effect. The research provides a new solution to the stage anxiety of music conductors, and promotes the development of Chinese bands and chorus to a certain extent.

Objective: The music conductor has a great responsibility, bears greater psychological pressure, and is more likely to suffer from stage anxiety. Based on personality psychology, this study analyzes the factors that lead to excessive mental stress of music conductors, and puts forward strategies to solve problems in order to alleviate the stage anxiety of music conductors.

Research objects and methods: In 10 music colleges and universities, music conductors of 10 bands were selected as the research object Self-rating Anxiety Scale (SAS) and Symptom Checklist-90 (SCL-90) were used to evaluate the mental stress of music conductors.

Research design: Using the random number table method, the music conductors of 10 bands were randomly divided into research group and control group, with 5 people in each group. Before the performance, the music conductor of the research group adopted a strategy based on personality psychology to alleviate the mental pressure. Before performing, the music conductor in the control group took traditional methods to relieve mental stress, such as deep breathing, meditation and so on.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: The mental stress of music directors in the study group was significantly lower than that in the control group ($P < 0.05$). The SAS scores of music directors in the two groups are shown in Table 1.

Table 1. SAS scores of two groups of music conductors

	Group		<i>t</i>	<i>P</i>
	Research group	Control group		
SAS Score	47.6±6.4	67.6±8.7	6.425	0.000

Conclusions: The music conductor is the soul of the chorus or band. Once the action of the music conductor is wrong, it will lead to major mistakes in the performance of the chorus or band and affect the performance effect of the whole stage. Therefore, the music conductor has great psychological pressure and is prone to stage anxiety. Based on personality psychology, this study analyzes the factors leading to excessive mental pressure of music conductors, and puts forward strategies to solve the problems, so as to alleviate the stage anxiety of music conductors and make the band or chorus show better stage effect. The experimental results showed that the mental stress of music conductors in the study group was significantly lower than that in the control group ($P < 0.05$). Therefore, the research provides a new solution to the stage anxiety of music conductors, and promotes the development of Chinese bands and chorus to a certain extent.

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APPLICATION OF COGNITIVE PSYCHOLOGY IN URBAN LANGUAGE PROMOTION

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Background: The promotion of urban languages is an inevitable requirement for the prosperity and development of ethnic minority areas, which is conducive to improving the scientific and cultural quality of local people, casting the awareness of the Chinese national community and enhancing the national identity of all ethnic groups. Therefore, the promotion of urban language is very important. In the process of urban language promotion, due to various reasons, the progress of urban language promotion is not ideal, and some staff have negative emotions, such as anxiety, depression and so on. When these negative emotions are overstocked for a long time and cannot be released or alleviated, it will lead to cognitive impairment. Patients with cognitive impairment are often accompanied by learning impairment, memory impairment, aphasia and so on, which seriously affects the daily life of patients, reduces the quality of life of patients, and also affects the progress of the promotion of urban languages. Therefore, finding an appropriate method to alleviate the negative emotions of staff and then alleviate the degree of cognitive impairment is of positive significance to the personal development of staff and the progress of urban language promotion.

Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception, thinking and language. The orientation of cognitive psychology focuses on the mode of thinking and reasoning by using cognition, which is mainly to explain the law of individual psychological changes in the process of cognition. In the theory of cognitive psychology, individual learning process is actually a process of gradual construction and improvement of knowledge, not only the absorption and digestion of knowledge, but also the process of using their own knowledge to build new knowledge. After the environment stimulates the individual to produce information, the individual obtains the ability through the internal cognitive processing of this information, so that the learning and the learning situation are always consistent. Therefore, cognitive psychology believes that the individual cognitive process is essentially the process of individual brain processing symbolic information. The main human activities include three aspects: cognitive activities, emotional activities and will behavior, which can be explained and expounded by the theory of cognitive psychology. Therefore, based on cognitive psychology, the research analyzes the problems existing in urban language promotion, and puts forward strategies to promote the progress of urban language promotion and alleviate the degree of cognitive impairment of staff.

Objective: In the process of urban language promotion, due to various reasons, the progress of urban language promotion is not ideal, and some staff have negative emotions and cognitive impairment. The research proposes strategies based on cognitive psychology to promote the progress of urban language promotion and alleviate the cognitive impairment of staff.

Research objects and methods: 80 staff members engaged in urban language promotion in a city with cognitive impairment were selected as the research objects. The concise Mini-Mental State Examination (MMSE) was used to evaluate the degree of cognitive impairment. Self-rating Anxiety Scale (SAS) and Symptom Checklist-90 (SCL-90) were used to evaluate the mental health status of staff.

Study design: Using random number table method, 80 staff were randomly divided into study group and control group, with 40 people in each group. Among them, the research group adopted the strategy based on cognitive psychology to promote urban language. The control group used the traditional strategy to promote urban language. After a period of time, the degree of cognitive impairment and anxiety of the two groups were compared.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: Before work, there was no significant difference in SAS score, SCL-90 score and SCL-90 score between the two groups ($P > 0.05$). After working for a period of time, the SAS score and SCL-90 score of the staff in the study group were significantly lower than those in the control group ($P < 0.05$). The MMSE score was significantly higher than that of the control group ($P < 0.05$). The change of MMSE scores of the two groups of workers before and after work is shown in Figure 1.