

significantly improved. Freshmen's English listening anxiety was significantly relieved, and their anxiety score was reduced by 2 points. The results are shown in Table 1.

**Conclusions:** The cultural differences between China and the West and the limitations of teaching mode led to students' difficulty in the process of English learning, students' enthusiasm is constantly hit, and students' anxiety is becoming more and more obvious. In view of students' anxiety in English learning, the traditional teaching model is reformed. Online and offline hybrid teaching provides students with more learning time, so that they can continue to study online after class, and obtain rich knowledge through the network platform. Students' learning ability is greatly improved, which brings students more self-confidence, and the previous anxiety is slowly relieved or even cured.

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## RESEARCH ON THE MENTAL HEALTH OF MUSIC STAGE PERFORMERS FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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**Background:** Positive psychology is not only a revolution in the field of psychology, but also a new milestone in the development history of human society. It is an emerging science that studies the research of traditional psychology from a positive perspective. Positive psychology adopts scientific principles and methods to study happiness and advocates the positive orientation of psychology to study human positive psychological quality and pay attention to human health, happiness and harmonious development. Positive emotion is a major aspect of positive psychology. It advocates the study of individuals' positive experience of the past, present and future. In dealing with the past, it mainly studies positive experiences such as satisfaction and satisfaction. In dealing with the current situation, it mainly studies positive experiences such as happiness and happiness. In dealing with the future, it mainly studies positive experiences such as optimism and hope. Positive psychology studies the formation of self-decisive personality traits from three aspects: innate learning, creativity and curiosity are the basis of its formation. These innate natures must also be combined with certain social values and external life experiences and transformed into their own internal motives and values. The premise of its formation is that psychological needs are fully met, which includes three basic psychological needs: autonomy, competence and communication.

Anxiety is an internal conflict of individual psychology or emotion, which leads to irrational fear or excessive worry. Anxiety has many social manifestations, such as emotional anxiety, post-traumatic stress, obsessive-compulsive disorder and phobia. The mental health problems of music stage performers are mainly reflected in performance anxiety. Performance anxiety is a kind of state anxiety reflected in special scenes. It belongs to a series of physical and mental discomfort feelings or behaviors that individuals show in the process of expected activities. In the performance process, the performer's anxiety usually shows certain symptoms in physiology, psychology and thinking, such as limb trembling, rapid heartbeat, palmar sweating, etc., resulting in the decrease of behavior coordination. As an auxiliary means of teaching, music stage performance helps to improve the skills of music majors, enhance their critical thinking ability, stimulate their learning enthusiasm and improve their stage performance ability. However, many studies have shown that even experienced professional dancers in most music stage performances will show varying degrees of anxiety.

**Objective:** To carry out classroom teaching practice of mental health for college students majoring in music stage performance from the perspective of positive psychology, in order to eliminate learners' stage performance anxiety and provide targeted guidance, so as to help them improve their stage performance ability.

**Research objects and methods:** 200 students majoring in music stage performance in a university, including 21 boys and 179 girls, participated in a one semester classroom teaching practice of mental health from the perspective of positive psychology. After one semester, the stage performance ability and the improvement of anxiety symptoms of all subjects were compared before and after teaching practice.

**Research design:** After teaching, the self-designed "music stage performance anxiety self-rating scale" was used to evaluate the effect before and after teaching. The scale includes 30 questions. Negative items adopt the 5-level scoring method, with a score of 1-5. The lower the score, the more inconsistent with their

own feelings, and the higher the score, the more consistent with their own feelings. Positive items are scored in reverse, with a score of 30-150. The higher the score, the higher the stage performance anxiety.

**Methods:** The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

**Results:** Before the experiment, the number of high, medium and low anxiety groups were 75, 75 and 50 respectively. After learner training, the number of people with high anxiety level decreased to 37 and the number of people with low anxiety level increased to 91.

**Table 1.** Comparison of students' stage performance anxiety before and after the experiment

Anxiety level	Score	Before teaching	After teaching
High	91-150	75	37
Secondary	76-90	75	22
Low	30-75	50	91
General situation		150	150

**Conclusions:** Stage performers are usually affected by personal and external factors, which often show varying degrees of anxiety and may lead to the failure of the performance. The teaching and training of mental health classroom teaching practice based on the perspective of positive psychology is not a simple stage performance training, nor is it different from the simple intensive training of performance skills. It takes into account the three aspects of stage, dance and psychology, pays attention to students' emotions, strengthens self-concept, especially strengthens the cause analysis and coping strategy training of stage performance anxiety, and gives all-round guidance to the theoretical learning and practical practice of stage performance. The learner training of mental health classroom teaching based on the perspective of positive psychology can help students use stage performance strategies, reduce their stage performance anxiety level and improve their performance effect.

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## THE APPLICATION OF EDUCATIONAL PSYCHOLOGY IN COLLEGE ENGLISH TEACHING

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**Background:** Educational psychology is a subject that studies the law and essence of students' psychological activities. Its purpose is to cultivate students' sound personality and healthy psychology. With the gradual improvement of social requirements for students and the gradual improvement of parents' expectations, most students put forward higher requirements for their performance and stress resistance. However, limited by social experience and psychological tolerance, most students will cause a series of psychological problems because they can't bear the huge pressure. Although there are great differences in college students' life experience, growth environment and their own personality, most students feel more irritable and anxious. The main research content of educational psychology is the basic psychological laws of education and teaching in education and teaching situations. Based on psychology, the research involves teaching design, educational technology, special education and classroom management. Educational psychology can improve the level of teachers, improve the quality of education and teaching, and promote the reform of education and teaching. The problems that educational psychology needs to solve are to give full play to learners' subjective initiative, analyze the mechanism in the learning process, explore the impact of situational environment on learning results, diversified and flexible teaching models and so on. The practical significance of this discipline is to assist teachers to complete the problems in teaching work, provide scientific and reasonable theoretical guidance for teachers' teaching work, and assist teachers to analyze in practical teaching work.

Most of the factors in college English teaching, such as work interest, intelligence and so on, are usually ignored in the evaluation of work interest and interest. With the improvement of modern educational ideas, English teaching methods have changed from passive teaching such as disseminating cultural knowledge to new teaching methods that guide students to form initiative and spontaneity, so as to help students improve their body and mind in an all-round way. Data show that about 40% of college students have mental problems, and about 10% of students have major mental disorders, of which the incidence of mental disorders is 20.23%. Therefore, modern education also puts forward higher requirements for teachers'