



Note: * $P < 0.05$ compared with that before intervention; # It indicates that compared with the control group, $P < 0.05$.

Figure 1. SAS scores of two groups of students before and after intervention

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INFLUENCE OF PRESCHOOL MUSIC INNOVATION EDUCATION IN HIGHER VOCATIONAL COLLEGES ON ALLEVIATING STUDENTS’ PSYCHOLOGICAL ANXIETY

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Background: Psychological anxiety refers to the panic and anxiety caused by social individuals in the face of difficulties or obstacles because they are difficult to solve in time or worried that they cannot solve them effectively. Appropriate psychological anxiety can promote individual behavior and effectively supervise individuals to improve self-efficiency. However, excessive psychological anxiety will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions, under the new social situation, higher vocational students in China are only children, and their family life is relatively closed and constrained, so they are shy and introverted. A long time alone leads to the low ability of these vocational students to deal with problems in interpersonal communication and cannot form a normal interpersonal relationship, which makes vocational students prone to psychological anxiety in the face of interpersonal communication and communication. On the other hand, with the improvement of social and economic level, the connivance of parents to students in modern society is increasing day by day. Some parents spoil students too much, resulting in students’ low psychological pressure resistance and fragile psychological defense line. Therefore, when students leave their families for collective life, they are prone to problems with low willpower and emotional control in the face of difficulties and setbacks, and are troubled by negative emotions such as psychological anxiety in the process of problem solving.

Music assisted therapy is a common method of assisted therapy for psychological problems in psychology, and music psychological education is also the most accepted psychological education mode for students. With the help of the strong emotional appeal of music, music psychological education regulates students’ emotional changes and promotes the improvement and consolidation of students’ psychological quality. Music psychological education stimulates the nervous system in students’ cerebral cortex through beautiful and pleasant music melody, so as to make students have psychological resonance with music, so as to help students relieve pressure, relax and eliminate anxiety. For students majoring in preschool education in higher vocational colleges, music education is an important professional course. Reform and innovate the music education of preschool education specialty in higher vocational colleges, integrate psychological education into preschool music education, improve the professional quality of music education of preschool

education specialty, at the same time, it can also alleviate students' psychological anxiety, improve the mental health level and quality of higher vocational college students, and promote the all-round development of the comprehensive quality of higher vocational college students.

Objective: Through the statistical analysis of the mental health status of students majoring in preschool education in higher vocational colleges, to understand the level of psychological anxiety of students in higher vocational colleges, and to analyze the causes of psychological anxiety of students in higher vocational colleges in combination with family, social background and other factors. Based on the analysis of the current situation and incentives of students' psychological anxiety in higher vocational colleges, this paper puts forward the direction of innovative development of preschool music education in higher vocational colleges, and expects to alleviate the psychological anxiety of students in higher vocational colleges through the reform and optimization of music education of preschool education major in higher vocational colleges.

Research design: With the help of the review and investigation activities of higher vocational college students' mental health level carried out by a city in 2021, this paper grasps the mental health level of higher vocational college students at this stage, understands the current situation of higher vocational college students' psychological anxiety, analyzes the causes of students' psychological anxiety, and discusses the entry point of alleviating higher vocational college students' psychological anxiety. Combined with the analysis of students' psychological anxiety in higher vocational colleges, using the evaluation method of artificial neural network and the powerful data mining and deep learning ability of BP neural network, this paper analyzes the effect of preschool music innovation education in higher vocational colleges on alleviating students' psychological anxiety. The research uses BP neural network to construct the preschool music innovation education model, takes the psychological anxiety status data of higher vocational college students as the model input vector, obtains the changes of higher vocational college students' psychological anxiety under preschool music innovation education, and analyzes the role of preschool music innovation education in higher vocational colleges in alleviating students' psychological anxiety.

Results: The review results of psychological anxiety of students in higher vocational colleges are shown in Table 1. The psychological anxiety of students in higher vocational colleges is generally high.

Table 1. Review results of psychological anxiety of students in higher vocational colleges

Survey object	Freshman	Sophomore	Junior	Senior
Family anxiety	4	3	3	4
Academic anxiety	4	3	4	3
Employment anxiety	3	4	3	4

Conclusions: With the advancement of social process and increasing social pressure, the mental health status of higher vocational students is not optimistic, and the number of higher vocational students with various psychological disorders such as psychological anxiety is increasing. The fundamental purpose of education is to cultivate high-quality compound talents needed by society under the needs of the times. Therefore, higher vocational education must pay attention to students' mental health problems and actively alleviate students' psychological anxiety and other negative psychological states through various ways. Therefore, research on the innovation and reform of preschool music education in higher vocational colleges, through the special form of music, through various music education and teaching activities for students, improve students' aesthetic consciousness and music appreciation ability, so as to alleviate students' psychological anxiety.

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EFFECT OF LITERATURE THERAPY ON DEPRESSION OF COLLEGE STUDENTS

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Background: With the development of urbanization, the psychological pressure of urban residents is increasing day by day. At present, there are nearly 350 million patients with depression worldwide, and the number of suicides caused by depression has reached about 1 million every year. According to the clinical characteristics of high recurrence and difficult diagnosis of depression, as well as the social and