

improve their mental health level.

Subjects and methods: Firstly, the psychological status of the students majoring in ceramic art design in a university was evaluated, and then the students with psychological anxiety were taken as the research object. Based on the understanding of the current situation and teaching mode of the original ceramic art teaching course, the students with psychological anxiety were optimized, and the psychological characteristics and emotional changes of the students with psychological anxiety were fully considered. In order to achieve the psychological teaching effect and goal of alleviating anxiety.

Method design: The study first analyzed the correlation between ceramic teaching mode and psychological anxiety with the help of principal component analysis, and then randomly divided the research objects into intervention group and conventional group. The intervention group used the improved ceramic art teaching mode for experiment, while the conventional group carried out the experiment according to the original conventional teaching means, and the experimental intervention time was 4 weeks. With the help of Psycho-Somatic-Tension-Relaxation Inventory (PSTRI) and Hamilton Anxiety Scale (HAMA), the psychological status and anxiety degree of the subjects after the experiment were reassessed and the data were analyzed.

Methods: The correlation between ceramic teaching mode and students' psychological anxiety was analyzed by principal component analysis statistical to analyze the experimental data.

Results: The improved ceramic teaching classroom can effectively help students release pressure, improve anxiety and other negative psychological emotions in classroom teaching, and improve students' self-cognitive ability and mental health to a certain extent. Table 1 shows the statistics of anxiety scores of students in the intervention group before and after the improvement of classroom teaching mode.

Table 1. Statistics of anxiety scores of students in the intervention group before and after the improvement of classroom teaching mode

Anxiety dimension	Before the experiment		After the experiment	
	Average value	Standard deviation	Average value	Standard deviation
Employment confusion and anxiety	3.78	2.33	2.05	1.95
Curriculum goal anxiety	3.04	1.42	2.16	1.16
Anxiety of professional operation ability	4.39	2.06	2.12	1.97

Conclusions: Ceramic art teaching not only undertakes the teaching goal of imparting professional knowledge to students and improving their humanistic quality, but also undertakes the social goal of transporting high-quality talents to the ceramic industry. According to the current situation of ceramic teaching, actively innovating and improving its teaching mode and strengthening its intervention in students' mental health can effectively relieve students' anxiety. As an emotional disorder, psychological anxiety has the characteristics of irregular, irregular and easy to repeat. Therefore, it is of great value and significance to give full play to the psychological guidance and emotional release of classroom teaching to the students' audience and improve their mental health level.

* * * * *

RESEARCH ON THE CULTIVATION OF STUDENTS' ABILITY TO ADJUST PSYCHOLOGICAL PRESSURE AND ANXIETY BEFORE PERFORMANCE IN PIANO TEACHING

Ximiao Sun^{1*} & Junqiao Chen²

¹*Department of Music, Xianyang Normal University, Xianyang 712000, China*

²*Department of Music and Performing Arts, Sichuan University of Arts and Science, Dazhou 635000, China*

Background: The standard of mental health refers to that all aspects of psychology and its activity process are in a continuous and positive psychological state. In this state, the subject can make good adaptation and give full play to its physical and mental potential. When the individual's psychological condition changes or is stimulated by conditional factors, it will produce a certain amount of psychological pressure, and psychological pressure refers to the positive or negative experience of the brain in order to

help us focus on coping with challenging situations. Moderate and positive psychological pressure can promote individuals to continuously stimulate their own potential and development motivation, and deal with the changes of environment and individuals with a more upward and fuller psychological attitude. Excessive and negative psychological pressure will cause individuals to have negative psychological emotions about upcoming things, cause behavioral cognitive conflict, and hit the individual's enthusiasm and initiative to solve things. In the long run, it is easy to cause a vicious closed-loop cycle and damage their physical and mental health, life and work. When individuals are under certain psychological pressure, they will show certain external emotions, such as anxiety, progress, impatience, uneasiness and so on. Anxiety, as a common and frequent emotion regulation disorder, has a complex etiology, which is mainly manifested in different groups due to the increase of psychological pressure and the limitation of individual tolerance. Anxiety can be divided into generalized anxiety and acute anxiety according to their types, and most of them are accompanied by negative emotions such as shame, disappointment and fear, which are characterized by repetition, susceptibility and disease. Different levels of anxiety will make different groups show inconsistent emotional fluctuations and debugging differences, and also affect the objectivity of individuals in information screening and decision-making. As a better emotional release tool, music can effectively alleviate individual psychological pressure and anxiety. Due to the differences of students' professional quality, different students in piano major in colleges and universities can obtain different degrees of classroom harvest in the original teaching mode. At the same time, the difference of individual music literacy and the degree of effort will make students feel the psychological pressure under the conditions of internal and external factors, and produce anxiety accordingly, which limits the individual's emotional adjustment and behavior mechanism. Therefore, exploring the influence mechanism of piano teaching on students' psychological pressure and anxiety before performance has high teaching application practicality.

Objective: Due to the differences of individual quality and psychological pressure resistance, piano students show certain psychological pressure and anxiety in the teaching process, which makes it difficult for them to play a better professional ability in performance activities. Therefore, explore the influence mechanism of piano teaching on students' psychological pressure and anxiety, in order to relieve their psychological pressure and emotion, and improve their mental health level and emotion regulation ability.

Subjects and methods: 300 students majoring in piano performance in a university were selected as the research objects. Firstly, the basic information such as psychological pressure and anxiety of the research objects were collected before the experiment, and then the original teaching classroom was improved, such as the introduction of three-dimensional dynamic practice mode. With the help of classroom effect, professional test and other methods, the Psycho-Somatic-Tension-Relaxation Inventory (PSTRI) and Hamilton Anxiety Scale (HAMA) before and after the experiment were collected, and the experimental data were collected and sorted out.

Method design: Firstly, the correlation between piano teaching classroom and students' psychological stress and anxiety was analyzed by means of principal component analysis. Then the research objects were randomly divided into improved teaching group (group A) and original teaching group (group B), that is, targeted classroom teaching methods and psychological intervention were applied to the research objects in group A, while conventional classroom teaching methods and psychological intervention were applied to group B. the experimental intervention time was eight weeks. After the experiment, the changes of psychological pressure and the adjustment ability of negative emotions such as anxiety and depression were evaluated and analyzed, and the experimental results were obtained.

Methods: The correlation between piano teaching classroom and students' psychological stress and anxiety was analyzed by principal component SPSS22.0 statistical analysis tool to analyze the experimental data.

Table 1. Changes of psychological emotion scores of subjects under the intervention of improved piano teaching

Scoring dimension	Before intervention	After 4 weeks of intervention	After 8 weeks of intervention
Anxiety	2.45±0.63	1.37±0.45	1.03±0.41
Depression	2.35±0.38	1.21±0.39	1.07±0.46
Paranoid	1.94±0.57	1.25±0.46	1.02±0.58
Psychotic	2.53±0.46	2.34±0.13	1.55±0.43

Results: By improving the pertinence and richness of piano teaching classroom in colleges and universities, taking into account the learning law and psychological status of each individual, and improving and innovating on the original basis, it can effectively alleviate the relevant psychological pressure and

negative emotions of students caused by teaching, and improve the students' mental health level and emotional regulation ability to a certain extent. Table 1 shows the changes of psychological and emotional scores of the subjects under the intervention of improved piano teaching.

Conclusions: Self-imposed psychological pressure and anxiety caused by changes in environmental factors will make individuals fall into an "emotional trap" and self-doubt state for a certain period of time, and then it is difficult to get rid of this negative emotion and depression, which will greatly hinder their physical and mental health and daily life. Through the teaching improvement of piano professional classroom and psychological intervention on students, it can effectively alleviate their anxiety, improve their emotional adjustment ability and improve their overall quality.

* * * * *

EVALUATION AND ANALYSIS OF THE EFFECT OF NETWORK IDEOLOGICAL AND POLITICAL EDUCATION ON ALLEVIATING COLLEGE STUDENTS' MENTAL HEALTH

Yuan Tao

Chengdu Normal University, Chengdu 611130, China

Background: With the improvement of China's economic development level and the increase of attention to students' quality education and mental health literacy, people begin to focus on mental health. The standard of mental health refers to that individuals have good psychological adjustment ability and emotional control ability, and can make better psychological response and state to the changes and stimuli of the surrounding environment. Different individuals show different psychological conditions at different stages, and are also affected by the differences of subjective and objective environment, cognitive level and psychological intervention. College students are in a critical period of physical and mental development. The teaching reform and the transformation of teaching methods will greatly expand the cognitive scope of students, make students consider themselves in the social collective, and put forward higher requirements for their adaptability and self-regulation ability. Many factors make college students' psychological pressure increase day by day, and correspondingly produce some psychological problems and negative emotions, such as mental anxiety, depression, fear and conflict, which greatly interfere and affect their study and life, and affect the normal formation of their outlook on life, values and world outlook. In order to actively guide and intervene college students' psychological problems, we first need to change their misunderstanding of psychotherapy, guide them to pay attention to their own values and feelings, and avoid hiding from doctors. Then reduce their resistance to the sources and influencing factors of psychological problems in various forms, and intervene them in the way of teaching in fun and treatment in practice. The factors affecting the mental health level of contemporary college students mainly include external pressure and their own cognitive conflict, that is, when the individual's psychological needs are not met in time, or have cognitive conflict with external objective factors, they will produce corresponding psychological problems. At the same time, the traditional way of Ideological and political education is relatively rigid and lack of innovation, which will make students lose interest and initiative in the curriculum, and it is difficult to pay attention to and actively guide students' psychological problems. Offline teaching methods gather students in the same teaching space environment, which is easy to make students have emotional experiences such as conflict and boredom and psychological problems such as anxiety. Online education breaks through the traditional teaching methods. With the help of some online words, it can effectively shorten the psychological distance between teachers and students, help teachers better intervene students and help them improve their mental health level. Therefore, exploring the mitigation effect evaluation of network ideological and political education on college students' mental health has high application value.

Objective: On the premise of mastering the basic psychological status of students, with the help of online ideological and political education classroom, to explore the influence mechanism between it and students' mental health, and put forward intervention guidance suggestions accordingly, in order to reduce the generation of college students' negative emotions and psychological problems and promote their mental health development.

Subjects and methods: 800 students in a university were selected as the research object. Firstly, information was collected on their ideological and political teaching effect and mental health status, and then a one month ideological and political teaching experiment was carried out on college students to intervene college students with different psychological problems. After the experiment, the changes of students in different stages of curriculum teaching are counted with the help of mental health self-test scale and mood state scale, so as to better explore the evaluation effect of online Ideological and political