

help them alleviate their employment anxiety. In Ideological and political education, the training of employment ideal psychology is infiltrated into the curriculum, college students are encouraged to carry out short-term and long-term employment planning, and seriously implement the formulated plan. The plan can be adjusted appropriately according to the actual situation, so that they can better realize employment and find more satisfactory jobs.

Subjects and methods: Taking college students as the research object, 300 college students were randomly selected from three universities to understand their employment planning, current employment mentality and difficulties, and master their views on the current ideological and political education in colleges and universities and their understanding of employment training. These college students were given ideological and political education for one semester, and the relevant experimental data were recorded. Using fuzzy comprehensive evaluation, this paper analyzes the impact of the innovation of ideological and political education on the psychological guidance of alleviating college students' employment anxiety, as well as the psychological score of college students' employment anxiety before and after the innovation of Ideological and political education. It adopts grade 1-5 score. The higher the score, the heavier the degree. It uses SAS software for data analysis and processing.

Results: With the increasingly severe employment situation, the employment pressure of college students is increasing, and the competition for jobs is fierce. College students have different degrees of employment anxiety, their employment enthusiasm is hit, their mood is relatively low, and they don't know how to choose a job. In the face of employment setbacks, their psychological tolerance is weak. With the approach of employment, some college students will have physiological symptoms such as headache, palpitation and nerve sensitivity. Through the innovation of ideological and political education in colleges and universities, the employment education is integrated into the ideological and political education in colleges and universities. Through the introduction of the employment social environment, the correction of employment methods and other measures, the employment anxiety psychology of college students is guided to gradually alleviate their employment anxiety psychology. After one semester, the employment anxiety score of English majors is 2, and the results are shown in Table 1.

Table 1. Employment anxiety scores of students of different majors

| Major | Employment anxiety | Job insecurity | Employment fear |
|-----------------------|--------------------|----------------|-----------------|
| English major | 2 | 2 | 1 |
| Finance major | 2 | 1 | 2 |
| Accounting profession | 1 | 1 | 1 |

Conclusions: Integrating employment education into Ideological and political education in colleges and universities, in the process of ideological correction and ideological guidance, college students have a certain understanding of employment, gradually clarify their career planning, and slowly alleviate their employment anxiety under the subtle influence of Ideological and political education.

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RESEARCH ON THE INFLUENCE OF COLLEGE PHYSICAL EDUCATION ON COLLEGE STUDENTS' MENTAL HEALTH IN CHINA

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Background: Psychologically healthy individuals are relatively coordinated in physical, intellectual and emotional aspects, can better adapt to the surrounding environment, get along well with others, feel happiness and satisfaction in life, and make every effort to give full play to their abilities in professional work, with high work efficiency. Individuals maintain a strong interest and desire for knowledge, have a clear self-awareness, are good at accepting themselves, can face up to their shortcomings, and calm down to correct them slowly. Encounter things you don't understand, be able to learn from others with an open mind, and learn from each other. When encountering difficulties, be able to face them, adjust their mentality in time, and have strong emotional control ability and ability to solve things. Individuals with mental health maintain a good attitude most of the time, are willing to communicate with others, have good moral quality, abide by discipline and law, and do not do anything against morality and law. In addition,

the psychological behavior of a mentally healthy individual is consistent with his age characteristics.

In colleges and universities, many college students have different levels and types of mental health problems. These mental health problems are the result of the joint action of many factors, such as personal factors, family factors, social factors and so on. Due to the great pressure of study and life in colleges and universities, college students will be more nervous in the long-term tense state of study, and will have psychological problems such as anxiety and compulsion, and even schizophrenia. Moreover, more than 10% of the students in colleges and universities are poor students. Affected by family factors, these college students will have greater pressure on their study and life. Moreover, due to the limitation of living environment, these college students often do not know how to alleviate their psychological problems, resulting in more serious psychological problems. In addition, under the problems of emotional crisis, communication difficulties, role transformation and adaptation obstacles, college students have psychological problems such as inferiority complex, depression and violent tendency, which have a serious impact on students' physical and mental health. Relevant studies have found that sports can promote the metabolism of the human body, accelerate the elimination of harmful substances, relieve psychological pressure, help to improve the negative emotions of the human body, and temper people's will.

Objective: To understand the mental health status of college students and analyze the causes of mental health problems. On this basis, combined with psychological pedagogy, this paper puts forward the corresponding implementation measures of physical education. Renew the concept of physical education through communication, attach importance to mental health education, and list it as the key development direction of physical education, so as to promote the organic integration of psychological education and physical education. Clarify the goal of sports mental health education, conduct extensive psychological investigation on students, understand the current psychological state of students, and adjust the educational goal according to the psychological problems of students. Enrich the content of sports mental health education and make students understand more mental health knowledge. At the same time of mental health education, physical education activities should be carried out so that students can develop both physically and mentally.

Subjects and methods: The research objects were college students. Three colleges and universities were randomly selected. A total of 310 college students were randomly selected from these colleges and universities. These college students come from different majors and grades, have different family situations, analyze their mental health problems, and master their views on physical education and mental health education. The relevant measures of integrating physical education with psychological education were implemented for these students. The experimental time was 2 semesters, and the relevant data of students were recorded during the experiment. Using fuzzy evaluation, this paper analyzes the impact of integrated education on college students' mental health, and studies the psychological changes of college students before and after integrated education. The relevant factors are quantified and scored at 1-5 levels. The higher the score, the more relevant the degree is. SPSS software is used for data analysis and processing.

Results: In recent years, the mental health problems of college students have become increasingly prominent. College students have varying degrees of anxiety, anxiety and depression in life, study and interpersonal relationship, which has a great impact on their body and mind. In this regard, we should integrate mental health education into physical education, and intervene the mental health problems of college students by renewing educational ideas, clarifying educational objectives and enriching the content of physical mental health education. After integrated education, the interpersonal sensitivity score of civil engineering students is 1, and the results are shown in Table 1.

Table 1. Scores of mental health problems of students of different majors

| Major | Interpersonal sensitivity | Test anxiety | Emotional anxiety |
|-------------------|---------------------------|--------------|-------------------|
| Civil engineering | 1 | 2 | 2 |
| Garden specialty | 1 | 2 | 2 |
| Computer major | 2 | 1 | 1 |

Conclusions: Physical education integrates mental health education. On the basis of in-depth understanding of college students' mental health problems, adjust the activities of physical education, improve the effect of intervention on college students' mental health problems, and make college students' physical and mental development in an all-round way.

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THE INFLUENCE OF COLLEGE MUSIC TEACHING REFORM ON STUDENTS' MUSIC PSYCHOLOGY

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Background: Music psychology belongs to the category of psychology, which mainly studies the psychological state and psychological ability of people engaged in music learning. Music teaching must follow the scientific method of the combination of physiological law and psychological law in order to achieve good results in teaching. The research shows that there are four main psychological characteristics of students in the process of music learning: one is interest, which is the driving force of music learning. Second, sensibility, which is the main form of music learning response. Third, personality differences are the obvious characteristics of music learning psychology. Fourth, the process of music learning is phased. The psychological activities of music learning generally include three psychological processes: cognition, emotion and will. The cognitive process also includes specific psychological phenomena such as feeling, perception, memory, imagination and thinking. The psychological activities in these processes do not exist in isolation, but are closely related to each other. Therefore, the music learning process is a comprehensive psychological activity process, and music teaching must be carried out according to the psychological characteristics of music learning. In specific teaching activities, music teachers should master the psychological characteristics of students of different ages and teach students to feel, understand and master the connotation of music. Therefore, music teachers should not only have the required music quality and theoretical knowledge, but also master the laws and methods of music teaching, and have the knowledge of students' psychology. Music teaching should conform to the music learning psychology of college students. Although traditional music teaching has its right side, it also has many unsatisfactory places. For example, boring skill training, the influence of teacher center and lack of creative teaching are not in line with students' psychology of music learning, so they must be reformed. The reform must first shift from teacher led to student-centered, then from indoctrination teaching to creative teaching, then from skill teaching to psychological teaching, and finally from the correction of singing and performance methods to psychological guidance. In order to implement the new concept of music education, music teaching in colleges and universities must be reformed according to the heart of music learning, and implement comprehensive and comprehensive music education, so as to improve students' comprehensive quality, cultivate students' healthy personality and promote students' all-round development.

Objective: Music education is closely related to people's psychology. The purpose of studying music teaching psychology is to better carry out music education according to students' psychology of music learning, and finally achieve the purpose of cultivating people through music education.

Subjects and methods: 400 students in a university are selected as the research object. Music teachers need to fully consider the psychological status of students and use the teaching mode after the reform of music teaching in colleges and universities to teach students. The teaching time is 2 months to evaluate the effect of teaching after the reform.

Research design: This study adopts the self-designed "college music teaching reform mode teaching evaluation scale", which includes six dimensions: Students' learning interest, learning attitude, music knowledge learning, learning habits and quality, students' classroom participation and classroom teacher-student communication, with a total of 15 items. In the form of Likert 5-point scale, the score is 0-4. The higher the score, the better the teaching effect.

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

Results: The evaluation results are shown in Table 1. The scores of students' learning interest, learning attitude, music knowledge learning, learning habits and quality, students' classroom participation and classroom teacher-student communication after teaching are significantly higher than those before teaching ($P < 0.01$). Based on the reform mode of music teaching in colleges and universities, it can improve students' music learning state in all aspects. Students attach great importance to the study of music class and are eager to learn more music knowledge, which shows that the correct and optimistic learning attitude of students under this mode has played a good effect and promotion.

Conclusions: In order to implement the new concept of music education, music teaching in colleges and universities must be reformed according to the heart of music learning, and implement comprehensive and comprehensive music education, so as to improve students' comprehensive quality, cultivate students' healthy personality and promote students' all-round development. College students' music psychology has its internal characteristics and laws. In the process of students' learning vocal music, instrumental music, Solfeggio and ear training, we should reform music teaching from the characteristics of music learning psychology and the psychological process of music learning.