

Table 1. Cognitive impairment scores of students of different majors

Major	Thinking deviation	Cognitive bias	Memory impairment
Business English major	2	2	1
Engineering cost specialty	1	1	2
Computer major	2	1	1

Conclusions: In view of the unsatisfactory teaching of ideological and political course in colleges and universities and the cognitive deviation of students in ideological and political course, optimize the structure of ideological and political course, adjust the teaching content according to students' cognitive status and psychological characteristics, change from fragmented teaching to systematic teaching, improve students' cognitive deviation and improve students' thinking ability.

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A STUDY ON THE INFLUENCE OF THE INTEGRATION OF TRADITIONAL CULTURE INTO IDEOLOGICAL AND POLITICAL EDUCATION ON STUDENTS' ANXIETY

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Background: When individuals expect some adverse consequences, they will show tension, anxiety and other emotions, mainly anxiety. With the continuous development of economy and society and the continuous improvement of people's quality of life, many families can afford the cost of universities, and colleges and universities recruit more and more college students. Because many college students are single children, their self-care ability is very poor and their psychological tolerance is weak. After leaving the care of their parents, these college students show varying degrees of psychological problems and worry in interpersonal communication, learning, examination, emotion and so on. Anxiety can be divided into two types according to symptoms, namely mental anxiety and somatic anxiety. The personal experience of mental anxiety has no origin to produce negative emotions such as anxiety and irritability, and is often in a state of anxiety. It is expected that there will be some bad results, but it does not say the specific results. The spirit is more alert, it is difficult to concentrate when doing things, and sometimes there will be a decline in memory, which affects the normal development of learning and work. The personal experience of somatic anxiety shows the physiological symptoms of restlessness, palpitation and chest tightness. It will keep walking back and forth and tremble.

At present, college students have a relatively shallow understanding of China's excellent traditions. They don't understand some of China's customs and the calendar of traditional festivals, can't remember the time of traditional festivals, and even don't understand some traditional festivals at all, but they are very clear about western festivals and will be very enthusiastic to prepare for the arrival of western festivals. In addition, college students' impression of traditional festivals only stays at the level of discount and promotion in shopping malls. They cannot understand the cultural connotation and significance of traditional festivals. Traditional festivals have a trend of commercialization. In the dissemination of traditional culture, it is mostly carried out in the form of books, picture albums and other forms. The dissemination places are concentrated in libraries, museums and other places, which is not conducive to the large-scale dissemination of traditional culture and inconvenient for students to understand traditional culture. In addition, traditional culture can regulate students' behavior ability, guide students' thoughts, enrich students' spiritual world, and promote the good development of students' ideological education. In this regard, traditional culture and ideological and political education in colleges and universities have the same educational effect.

Objective: To understand the mental health status of college students and analyze the causes of students' anxiety. This paper studies the specific measures of integrating traditional culture into ideological and political education, and analyzes the impact of these measures on alleviating the anxiety of college students. Through these measures, we can improve college students' cognition of traditional culture, cultivate students' positive psychological quality, improve students' pressure resistance, and promote the improvement of the teaching quality of ideological and political education, so as to make the teaching effect better.

Subjects and methods: The research objects are college students. 290 college students are randomly

selected from three universities. These students come from different majors and grades. Their anxiety levels are different, and the causes of anxiety are different. Understand their understanding of traditional culture. The selected students will receive ideological and political education on the integration of traditional culture for one semester, during which relevant data will be recorded. Fuzzy evaluation is used to analyze the impact of the integration of traditional culture into ideological and political education on students' anxiety. Grade 1-5 scores are adopted. 1-5 scores indicate no, slightly, general, obvious and complete respectively. The data processing and analysis software is SAS software.

Results: The college students who have just entered the university will be more flustered and anxious about study and examination when they face the problems of life and study because they have left their parents to do everything. When getting along with roommates and classmates, they will be self-centered, prone to opinion conflict, resulting in psychological conflict, resulting in interpersonal anxiety. Without intervention, this anxiety will seriously affect the study and life of college students. However, the ideological and political education integrated into the traditional culture can transfer the excellent spirit of the traditional culture to college students, enrich their spiritual world, correct the wrong thoughts of college students, enable them to learn the excellent qualities such as "preserving similarities while reserving differences" and "embracing all rivers", and improve the comprehensive quality of college students. After ideological and political education, the interpersonal anxiety of freshmen has been improved, with a score of 2. The results are shown in Table 1.

Table 1. Anxiety scores of college students in different grades

College student	Interpersonal anxiety	Learning anxiety	Test anxiety
Freshman	2	2	2
Sophomore	1	1	2
Junior	1	2	1

Conclusions: Integrating traditional culture into ideological and political education in colleges and universities can alleviate students' anxiety, deepen students' cognition of traditional culture and inherit traditional culture.

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ANALYSIS ON THE INFLUENCING FACTORS OF MENTAL HEALTH LITERACY OF VOCAL MUSIC MAJORS IN COLLEGES AND UNIVERSITIES

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Background: Psychological literacy is the ability of an individual's brain to respond to objective reality, such as sensory ability, emotional control ability and so on. Different application fields have different requirements for individual psychological literacy. For painting, painters need to have high control over lines and be able to distinguish different colors, especially for those colors with very similar colors. They also need to have certain imagination and composition ability to draw paintings with high artistry. In the art of vocal music, singers also need to have healthy psychological literacy. The health of psychological literacy is closely related to the singer's ability to perceive and create sound. The singer can control his breath and breathe well. In the process of singing, he can pronounce clearly, and has good emotional control ability, memory and perception ability. Be able to perceive and think about songs well, and create imagination. Have good ability to deal with emergencies in the process of singing. When the singer has more ability and higher degree, the singer's psychological quality is healthier, on the contrary, it tends to be unhealthy.

With the diversified development of education, colleges and universities have changed from a single subject university to a multi-disciplinary university, which provides an opportunity for the development of vocal music major. College education has become the main way of vocal music professional development. After the reform and development, according to the different types of education, vocal music majors are divided into two categories: professional music colleges and normal universities. In professional music colleges, teachers and students have shown great enthusiasm in western advanced vocal music concepts and singing techniques. Some students choose to go abroad for further study to improve their singing ability, or exercise themselves through many practical activities. Various vocal music lectures and artistic exchanges have been carried out in many music colleges and universities. In addition, in order to better cultivate the