

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

Shiwen Zhang

Shanxi Vocational College of Art, Taiyuan 030002, China

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

ability of vocal music students, vocal music disciplines are added, such as vocal music aesthetics, vocal music performance psychology and so on. Driven by these disciplines, it has accelerated the development of vocal music specialty in China, enriched the content of vocal music education, and attracted more students to choose vocal music specialty.

Objective: To understand the development status of vocal music major in colleges and universities and the psychological quality of vocal music students, and to analyze the factors affecting the psychological health quality of vocal music students. Aiming at the psychological quality of vocal music students, we should adjust vocal music teaching to make the basic skills of vocal music students more solid. Through the song singing training from easy to difficult, enhance students' self-confidence and let vocal music students get more sense of achievement in the process of practice. Carry out cultural knowledge teaching for students majoring in vocal music, strengthen their literary cultivation, enable them to have a deeper understanding of the emotions expressed in songs, and promote the improvement of their song recreation ability. In addition, in vocal music teaching, we should use the knowledge of vocal music psychology and physiology to timely understand the psychological and physiological changes of vocal music students, and give corresponding guidance to students, so that they can have a good singing state.

Subjects and methods: The research objects are students majoring in vocal music in school. Students majoring in vocal music in different grades are randomly selected from three universities. These students come from different family backgrounds and have different personality characteristics. Understand the psychological quality of these students and the reasons for their formation, and master their weaknesses in vocal music major. These students were taught vocal music for one semester, during which the relevant data of students majoring in vocal music were recorded. After the experiment, fuzzy evaluation is used to study the impact of different teaching measures on vocal music majors' psychological literacy and the changes of their psychological literacy. Grade 1-5 was adopted, and the higher the score, the heavier the degree. SPSS was used to process and analyze the data.

Results: Due to personality differences, different understanding ability of songs and different emotional control ability of song singing, there are differences in the health degree of psychological literacy of vocal music major in colleges and universities. In view of these situations, we should adjust vocal music teaching, correct the pronunciation of vocal music majors, adopt scientific vocal methods, teach literary knowledge and sing songs with different difficulties. After the experiment, the mental quality and health level of students in different grades were improved. The score of music perception ability of freshmen was 4. The results are shown in Table 1.

Table 1. Vocal music ability scores of vocal music majors in different grades after the experiment

Grade	Music perception	Emotional control ability	Breath control ability
Freshman	4	4	4
Sophomore	5	4	5
Junior	4	5	5

Conclusions: Using the knowledge of vocal psychology and physiology, we can carry out vocal music teaching for vocal music students, improve the comprehensive ability of vocal music students, and let them gradually improve their self-confidence in vocal music learning, be able to calmly deal with the problems in learning, and improve the mental quality and health level of students.

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RESEARCH ON THE INTEGRATION OF BRITISH AND AMERICAN LITERATURE TEACHING AND COURSE VALUE EDUCATION UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

Xuexiang Zhang

Weifang University, Weifang 261061, China

Background: From the perspective of educational psychology, the emergence of educational psychology is mainly to solve the psychological problems of students in the process of development, help students reshape their body and mind, and build a good and healthy learning environment. Under the background of the rapid development of modern education, the research of educational psychology has expanded from the early research on students' mental health to the research on the whole educational environment, and