

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

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**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

analyzed various psychological factors affecting people's learning. The subjective factors of students are influenced by environment, psychology, teaching courses and many other reasons. Researchers have conducted a large number of experiments on these factors and found that the impact of psychological factors on students is intuitive and long-term. In education, students' psychological state can be divided into positive and negative. A healthy and positive psychological state is more conducive to students' learning. On the contrary, negative psychology will hinder students' thinking and is not conducive to the development of learning activities. In order to better study the psychological impact on students in the course learning, this paper combines the British and American literature course with the ideological and political course, analyzes the impact of psychological changes on the course quality, and explores the opinions on optimizing the teaching course from the research of educational psychology.

The British and American literature course is mainly based on the study of British and American literary works. The teaching content involves all aspects of British and American culture, history and literary development. The difficulty in the teaching of British and American literature course is that students can't start from the perspective of history and culture and analyze literary feelings more deeply. Many students have subjective emotions, which is related to students' psychological factors. The ideological and political course involves the research on people's emotion, thought and psychology. Therefore, the integration of British and American literature course and ideological and political course is used to explore the impact of educational psychology on students' curriculum learning. In the actual course teaching, the changes of students' psychological activities will be affected by the learning environment, the inherent understanding of British and American history and culture, and the different understanding of different cultures. There are great differences in the analysis of literary works, which affects the course teaching. From the perspective of educational psychology, this influencing factor can be combined with the ideological and political course to optimize the changes of students' psychological emotion. Through the research on the state of students' educational psychology, improve the teaching mode, so that students can turn negative emotions into positive emotions, and through the guidance of Ideological and political psychological emotion, students' negative psychological learning pressure will be more conducive to students' positive development and improve the effect of curriculum education.

**Objective:** Under the background of educational psychology, according to the changes of students' psychological emotion, this paper will analyze the impact on British and American curriculum learning, and continuously optimize and improve the curriculum teaching mode and improve the quality of curriculum teaching in combination with the characteristics of Ideological and political psychology teaching.

**Subjects and methods:** 120 students majoring in literature in a school were selected for classroom research, and the changes of students' psychological activities were counted from the students' learning performance in English and American literature classroom. 120 students were divided into two groups of 60. One group is the control group and the other is the learning group. The learning group will combine the ideological and political course in the study of British and American literature and adjust the course according to the students' psychological changes. After two kinds of teaching experiment tests, the influence of educational psychology on students' learning is evaluated through the learning effect of literature course, and the curriculum optimization strategy is put forward according to the psychological changes of students.

**Results:** As shown in Table 1, the effects of psychological changes of the two groups of students on course learning are shown. Table 1 shows that the teaching mode of British and American literature under educational psychology can significantly affect students' positive psychology, which is reflected in the continuous growth of students' persistent psychology, firm psychology and self-confidence psychology.

**Table 1.** The influence of educational psychology on learners

Positive psychology	Control group	Study group	<i>P</i>
Persistent	20	40	<0.05
Firm	30	51	<0.05
Self-confidence	32	56	<0.05

**Conclusions:** The development of modern education pays attention to the changes of students' learning psychology, which is very important for the reform and innovation of education. How to improve the quality of curriculum teaching and ensure the healthy development of students' physical and mental health requires educators to attach great importance to the relationship. The research starts with the psychological and emotional cognition and psychological changes of middle school students in British and American literature course, discusses the impact of psychological factors on students' learning quality, integrates British and American literature course with ideological and political education through the research on students' psychological changes, and puts forward optimization suggestions for improving

British and American literature course through the research on students' psychological and emotional state. The results show that students' psychological change factors have a direct impact on students' curriculum learning. In this regard, the development of modern education should not only pay attention to humanistic education, but also pay attention to students' mental health education. Through positive mental health guidance, we can improve students' ideological attitude and reform students' learning effect, which is the focus of current educational development.

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## THE INFLUENCE OF ETHNIC DANCE EDUCATION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

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**Background:** Menstrual anxiety is a common mental disorder. In modern medical research, it is found that patients with mental anxiety generally have problems such as large emotional fluctuation, mental tension, anorexia and inattention, while patients with more serious mental anxiety are prone to more serious mental diseases, such as cognitive impairment and autism. Therefore, problems such as mental anxiety need to be found and treated early, Avoid more serious psychological diseases. With the development of society, more and more college students have mental anxiety problems. According to the current survey of college students, it is found that the mental anxiety problems of college students mainly focus on several points, such as anxiety about learning, anxiety about employment development and anxiety about interpersonal and social relations. At the same time, coupled with the accelerated pace of modern life and the increase of dietary health problems, it is also a major factor leading to the mental anxiety of college students. At present, the main methods to alleviate college students' nervous anxiety are drug treatment, mental health counseling and physical counseling. Physical counseling has a relatively good effect on college students' anxiety. At the same time, it is easy to be accepted by students. At the same time, it also has the training of physical and mental quality, which has a good effect on the improvement of the overall quality of college students.

National dance education in colleges and universities is a kind of physical education, which has both humanistic quality education and specific quality education. National dance education includes the education of national traditional dance culture, history and humanistic emotion, which can not only improve students' national dance knowledge, but also enhance students' cultural literacy, cultivate students' sentiment and alleviate students' spiritual pressure. At the same time, national dance also belongs to the category of physical education. In dance training, college students express their respect and love for national culture through their understanding of national history, culture and emotion to the dance body language. Combined with the current widespread psychological anxiety problems of college students, we can alleviate students' mental tension and anxiety through national dance teaching. For example, students' psychological and emotional anxiety can be adjusted by reading the cognition of national dance culture and dance art aesthetics. At the same time, through the dance physical training and the cognition of dance skills, we can enhance students' understanding and love of national culture. Physical training cannot only improve students' physical quality, but also release various pressures faced by students and regulate students' development. Therefore, in view of the widespread mental anxiety problems in colleges and universities, this paper puts forward that the national dance education in colleges and universities can not only improve students' cultural knowledge and artistic literacy, but also exercise their body and mind, which meets the requirements of the development of modern education.

**Objective:** To study the current situation of college students' mental anxiety, analyze the main factors of college students' mental anxiety and its impact on their own development, and discuss the therapeutic effect of college students' national dance education on students' mental anxiety.

**Subjects and methods:** Randomly select 600 students in a university as the research object of mental anxiety experiment, and take college ethnic dance teachers as the secondary research object, count the psychological anxiety of all research objects, and analyze the teachers' basic cognition of mental anxiety treatment. Aiming at the mental anxiety of college students, this paper constructs a treatment mode of ethnic dance education, analyzes the performance of patients before and after treatment, and evaluates whether ethnic dance education in colleges and universities can alleviate the mental anxiety of college