

to problems with low willpower and emotional control in the face of difficulties and setbacks, and are troubled by negative emotions such as psychological anxiety in the process of problem solving.

Physical exercise is physical exercise. It refers to the purposeful and planned physical exercise activities on the basis of following the scientific law of exercise, so as to promote people's physical and mental health development, enhance individual physique and enrich personal life. Physical exercise can exercise individual muscle strength on the basis of optimizing physical quality and maintain a good physical level. And physical exercise can also improve the function of human digestive system and respiratory system, promote the growth and development of human bones and muscles, and prevent some diseases to a certain extent. As a positive way of physiological assistance, physical exercise and physical learning can effectively resist individual psychological tension, help alleviate psychological pressure, and establish a self-protection mechanism in appropriate sports. And high-intensity sports training can reduce the level of individual perceived pressure, reduce individual psychological stress response, and enhance individual tolerance to pressure and frustration.

Objective: Through the analysis of the mental health level and physical exercise status of college students in China, this study understands the mental health level of college students, grasps the physical exercise needs and problems of college students, deeply excavates the relationship between physical exercise and psychological anxiety relief, and opens up new development ideas for improving the mental health level of college students. This study makes a comprehensive analysis of China's traditional physical exercise, analyzes the impact of China's traditional physical exercise on alleviating college students' psychological anxiety, and hopes to put forward a new physical exercise intervention scheme to alleviate college students' psychological anxiety and promote the improvement of college students' psychological health quality.

Subjects and methods: This study uses the method of correlation analysis to analyze the relationship between college students' mental health level and physical exercise, discusses the potential relationship between college students' mental health problems and traditional physical exercise, understands the action point of traditional physical exercise on greatly improving college students' mental health quality through correlation analysis, and puts forward new ideas for improving college students' mental health level. This study uses correlation analysis to explore the relationship between traditional physical exercise and college students' interpersonal sensitivity, psychological pressure resistance and psychological anxiety, and deeply excavate the impact of traditional physical exercise on college students' mental health.

Results: The statistical analysis results of college students' psychological anxiety level are shown in Table 1. College students' psychological anxiety is generally high, and college students' psychological anxiety in academic, personal development, employment and interpersonal aspects is high.

Table 1. Statistical analysis results of psychological anxiety level of college students

Survey object	Freshman	Sophomore	Junior	Senior
Academic anxiety	2	2	3	2
Developmental anxiety	3	4	3	4
Employment anxiety	4	3	3	4
Interpersonal anxiety	3	4	4	3

Conclusions: Regular physical exercise can help people form good exercise habits, maintain the vitality of the body, exercise the cardiopulmonary function and core function of the body through appropriate amount of exercise. In addition to the optimization of body function, physical exercise can also promote the healthy development of psychology and spirit, and help individuals eliminate mental fatigue and maintain a positive mental state through sports training, so as to achieve the purpose of improving learning and work efficiency. On the other hand, as a way of sports that requires full-time investment, physical exercise can effectively help college students shift their attention to life difficulties, help students release their inner pressure in physical exercise, and alleviate the psychological anxiety of college students.

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RESEARCH ON THE INFLUENCE OF PSYCHOLOGICAL ADJUSTMENT OF VOCAL MUSIC COURSE ON STUDENTS' MENTAL HEALTH

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Background: When others, society and other external factors produce adverse stress stimulation to individuals, individuals may have more serious psychological pressure. When individuals cannot adapt well to the stress state, there will be the problem of psychological imbalance, resulting in a series of negative emotional performance. Individuals need to vent their negative emotions reasonably and guide them in time, otherwise they are prone to psychological disorders and other psychological diseases, which will affect the level and quality of individual mental health. Nowadays, the world is in an era of high civilization and scientific and technological development. The competition for talents is fierce. College students are facing the social competition of the survival of the fittest. The pressure from family, environment and other aspects leads to the increasingly prominent mental health problems of college students. Under the stimulation of social development, contemporary college students also bear the multiple effects of negative factors in the campus environment and family environmental pressure. They are very prone to mental health problems. The mental health level of college students is not optimistic. On the other hand, the development of college students' psychological quality is not yet mature, and the level of their psychological quality such as psychological pressure resistance is not high. In the face of difficulties and setbacks, some college students may shrink back from difficulties, fall into negative emotions such as psychological anxiety and panic, and affect their daily life and study.

Music assisted therapy is a common method of assisted therapy for psychological problems in psychology, and music psychological education is also the most accepted psychological education mode for students. With the help of the strong emotional appeal of music, music psychological education regulates students' emotional changes and promotes the improvement and consolidation of students' psychological quality. Music psychological education stimulates the nervous system in students' cerebral cortex through beautiful and pleasant music melody, so as to make students have psychological resonance with music, so as to help students relieve pressure, relax and eliminate anxiety. In music education, vocal music teaching is one of the most common teaching contents. Through the intervention and guidance of vocal music singing education, we can give full play to the psychological adjustment function of college music education, improve students' musical and artistic quality in music education, alleviate students' psychological anxiety, improve the mental health level and quality of college students, and promote the all-round development of college students' comprehensive quality.

Objective: Through the analysis of the characteristics and current situation of vocal music education in colleges and universities, and combined with the analysis of the current situation of students' mental health, this paper explores the impact of vocal music education in colleges and universities on students' mental health. Through the correlation analysis between college vocal music education and students' mental health, the research expects to use the characteristics of music soothing people, intervene and treat college students' psychological problems and psychological trauma through music therapy, relieve college students' negative psychological emotions, help students cultivate positive psychological state and improve the mental health level of college students.

Subjects and methods: The research analyze the current situation of vocal music education in colleges and universities, understands the problems existing in vocal music education in colleges and universities, collects college students' opinions and suggestions on vocal music education, and explores the impact of vocal music education reform on students' mental health. The research adopts the method of stratified cluster random sampling, and randomly selects two classes from each of the four grades of a university for comparative experiments to verify the effect of college vocal music education on students' psychological adjustment and intervention. During the comparative experiment, the students in the experimental group received vocal music course teaching, and the learning time of vocal music course every week was no less than 4 hours, while the students in the control group maintained the original life and learning mode, maintained the original teaching arrangement and progress, and the experiment lasted for 3 months.

Results: The review results of the mental health level of college students are shown in Table 1. The mental health level of college students is generally poor.

Table 1. Review results of mental health level of college students

Survey object	Freshman	Sophomore	Junior	Senior
Anxious	4	3	3	4
Depressed	3	3	4	3
Interpersonal sensitivity	3	4	3	4
Obsessive compulsive symptoms	3	3	2	3

Conclusions: Using vocal music education to intervene and treat college students' mental health problems can effectively alleviate college students' negative emotions such as psychological anxiety, improve college students' overall psychological function through the empathy and assimilation function of music, and guide college students to deal with life and study with positive emotions. The intervention and adjustment function of vocal music course can not only help college students establish a healthy psychological model, but also stimulate the physiological system, regulate the cardiovascular, cerebrovascular, endocrine and other systems of the human body, make the human body system achieve balance, and promote the physical and mental health development of college students.

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RESEARCH ON THE CORRELATION BETWEEN COLLEGE STUDENTS' MENTAL HEALTH EDUCATION AND IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: The government and society always pay attention to the education quality level of higher education, including professional knowledge and skill education and mental health education for college students, and require college students to achieve comprehensive development in professional, psychological and physical quality. As a key link, college students' mental health education is directly related to the overall promotion of higher quality education. Strengthening college students' mental health education can effectively help college students establish a good psychological mechanism and promote college students to establish a correct and mature outlook on life, values and world outlook. On the one hand, with the constant development of ideological and political education, colleges and universities need to adjust their ideological and political education system in time. On the other hand, with the continuous development of ideological and political education. Although the mode of ideological and political education in colleges and universities continues to improve, colleges and universities always put the correct guidance of Ideological and political education to students' consciousness in an important position, adhere to the principle of moral education first, and correctly guide students' moral personality and ideological consciousness through ideological and political education. The fundamental purpose of ideological and political education in colleges and universities is the same as that of mental health education.

In the new era of accelerating social development, anxiety has become a common emotional stress response. The body of college students is basically mature, but their mind is not fully developed, and their ability to control and master emotions is insufficient, which leads to large emotional fluctuations in the face of various pressures, resulting in damage to the social function of college students and anxiety. Studies have shown that a considerable number of college students have varying degrees of psychological problems, such as emotional instability, negative will, abnormal interpersonal relationships and so on. There are many factors leading to college students' anxiety, which can be roughly divided into poor adaptability, improper handling of interpersonal relationships, academic pressure, employment pressure and so on. Moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. Therefore, we need to find an effective way to alleviate students' negative emotions, and then treat psychological diseases such as anxiety and depression.

Objective: The research analyzes the educational characteristics of mental health education and ideological and political education, analyzes the internal relationship between mental health education and ideological and political education, and discusses the relationship between mental health education and ideological and political education from the impact and value of mental health education and ideological and political education on college students' mental health. Based on the analysis of the correlation between mental health education and ideological and political education, this study analyzes their role in the development of college students' mental health, hoping to provide reference for promoting the improvement of college students' mental health education and ideological and political education system, and help college students improve the quality and level of mental health.

Subjects and methods: This study uses Pearson correlation coefficient to analyze the correlation between college students' mental health education and ideological and political education, discusses the