

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

potential relationship between college students' mental health education and ideological and political education, understands the impact of college students' mental health education and ideological and political education on college students' mental health through correlation analysis, and puts forward new ideas to improve the level of college students' mental health. This study uses correlation analysis to explore the relationship between college students' mental health education and ideological and political education in educational objectives and teaching modes, deeply excavates the correlation between college students' mental health education and ideological and political education, and analyzes the role of college students' mental health education and ideological and political education in college students' psychological intervention.

Results: The impact of college students' mental health education and ideological and political education on the development of college students' mental health is shown in Table 1.

Table 1. The influence of mental health education and ideological and political education on the development of college students' mental health

Test dimension	Psychological anxiety	Psychological depression
Mental health education	3.4	3.1
Ideological and political education	3.2	3.2

Conclusions: College students' mental health education and ideological and political education are important means of college students' psychological intervention. They have something in common in teaching objectives. The combination of college students' mental health education and ideological and political education can effectively reduce students' anxiety and depression and promote the cultivation of students' mental health. Therefore, in college education, colleges and universities need to make comprehensive use of ideological and political education and mental health education to provide a reference path for the positive development of students' values.

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THE INFLUENCE OF THE TRAINING MODE OF ART DESIGN TALENTS WITH THE INTEGRATION OF INDUSTRY AND EDUCATION ON ALLEVIATING STUDENTS' EMPLOYMENT ANXIETY

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Background: Anxiety refers to the negative and complex emotional states such as tension, uneasiness, worry and worry caused by possible dangers, losses and threats in the future. Its main clinical manifestations include panic disorder, such as sense of impending death, sense of loss of control, sense of mental breakdown, and physical symptoms of panic attack, such as rapid heartbeat, diarrhea, vertigo, followed by generalized anxiety disorder. It is divided into mental anxiety, somatic anxiety and motor restlessness symptoms of nerves and muscles. From the perspective of progressive chemistry and neurology, the objective purpose of anxiety is to guide individuals to take measures quickly, such as urgently mobilizing various value resources or taking necessary actions, so as to effectively prevent the serious deterioration trend of the value characteristics of real or future things, so as to change the objective development direction of things and avoid danger or loss. Anxiety is divided into realistic anxiety and pathological anxiety. The former represents the emotional response caused by specific practical problems, while the latter refers to the uncontrollable tension and anxiety without specific reasons. Anxiety itself is a normal emotional reflection of human beings, but excessive anxiety or too weak anxiety will form emotional or physiological diseases.

On the one hand, the integration of industry and education is widely used in the teaching of engineering majors in higher education, and has a good effect in promoting students' employment, which is related to the purity of engineering majors and industries. For art design majors, due to the low purity of the industry, the wide range of knowledge involved in the learning content, the relatively vague correlation between