

education scheme based on the current situation of students' emotional anxiety. In students' teaching practice, innovative ideological and political teaching mode is used to alleviate students' anxiety. The results show that under the intervention of innovative ideological and political teaching mode, students' emotional anxiety scores have been significantly reduced. Therefore, in order to alleviate students' emotional anxiety, colleges and universities should reform and innovate ideological and political education in order to solve the mental health problems of college students.

**Table 1.** Changes of students' anxiety scores before and after teaching

Project	Before teaching	After teaching	P
No anxiety	73.32±2.14	49.58±1.56	<0.05
Mild anxiety	64.93±2.18	45.38±1.74	<0.05
Moderate anxiety	49.24±1.46	40.31±1.61	<0.05
Severe anxiety	32.15±0.97	31.07±0.83	>0.05

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## RESEARCH ON THE INFLUENCING FACTORS OF COLLEGE PIANO TEACHING OPTIMIZATION ON COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY

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**Background:** Students' psychological quality includes the ability to deal with interpersonal relationships, the ability to withstand blows and setbacks, healthy and correct values and a good outlook on life. In college education, it is not only to comprehensively cultivate students' professional achievements, but also to promote the growth of students' psychological quality. It is also one of the main contents of your college education. College education has huge resources. Students can contact the knowledge of all sectors of society through the college education platform, which indirectly or directly affects students' values and outlook on life. Moreover, the social pressure faced by the University also increases gradually with the teaching time. How students deal with the difficulties they face determines the direction of students' future development. When students face academic pressure, work pressure and social pressure, they are very easy to suffer from psychological diseases, such as anxiety, depression and so on. Generally speaking, when an individual is nervous about something, such as learning, work, social networking, etc., the individual will be attracted most of the attention by the event, and make a lot of efforts and imagination assumptions to solve or complete the event. When individuals pay more attention to the event because of repeated failures, until they break through the critical point, individuals will feel anxious. Many studies have shown that maintaining 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.

In college education, for the cultivation of students' psychological quality, colleges and universities have put forward a large number of teaching plans. Some studies have proposed that extracurricular course teaching for students and cultivating students' comprehensive quality and ability can more effectively alleviate students' negative psychological emotions. In the extracurricular art teaching in colleges and universities, piano, as a popular subject in vocal music curriculum, the number of students participating in piano learning also shows a growing trend. In the content of piano teaching course, the focus is to use theory combined with practice to improve students' comprehensive ability, that is, in piano classroom teaching, teachers will carry out theoretical teaching according to students' professional level and formulate practical plans according to students' comprehensive ability. However, the traditional teaching method of piano course in colleges and universities is relatively single. Generally, teachers play the piano on the podium to make students feel, and then explain the skills and knowledge points. On the one hand, this teaching method cannot attract students' interest. On the other hand, it cannot improve students' practical ability, nor can it make students feel the charm of music and art. It is not enough to relieve students' psychology and treat students' schizophrenia. Therefore, how to optimize piano teaching in colleges and universities is not only the key content of teaching reform in colleges and universities, but also the main measure to alleviate students' negative emotions.

**Objective:** To analyze the current situation of piano teaching quality in colleges and universities, the development status of college students' psychological quality, and the impact of piano teaching on students' psychological quality.

**Subjects and methods:** Taking piano majors in a university as the research object, this paper understands the current situation of their psychological quality, and analyzes the influencing factors of students' psychological quality in piano teaching. 60 students were randomly selected to participate in the experiment, and the optimization scheme of piano teaching was constructed based on the influencing factors of students' psychological quality. The students were randomly divided into experimental group and control group, with 30 students in each group. The students in the experimental group used piano optimized teaching and the students in the control group used routine teaching to evaluate the changes of students' psychological quality before and after teaching.

**Results:** The ability to deal with interpersonal relationships, the ability to withstand blows and setbacks, healthy and correct values and a good outlook on life are used as the evaluation indicators. The psychological quality changes of the two groups of students are calculated based on the evaluation results of 0-10 points. See Table 1. It is found in Table 1 that the psychological quality of students in the experimental group is significantly higher than that of students in the control group before and after teaching, and it can be seen that the psychological quality evaluation of students in the experimental group is significantly higher than that of students in the control group after teaching, and the difference is statistically significant ( $P < 0.05$ ).

**Table 1.** Changes of psychological quality of two groups of students before and after teaching

	Content	Interpersonal skills	Ability to withstand setbacks	Healthy and correct values	Good outlook on life
Before teaching	Experimental group	3.14	3.92	2.69	3.12
	Control group	3.22	4.07	2.71	3.04
After teaching	Experimental group	7.02	7.67	7.14	7.39
	Control group	4.33*	5.03*	4.82*	5.17*

Note: \* indicates the difference from the experimental group,  $P < 0.05$ .

**Conclusions:** College students are in a special moment of life, facing academic pressure, work pressure and social pressure at the same time, so they are very easy to suffer from psychological diseases, such as anxiety and depression. Therefore, it is very important to improve students' negative psychological emotions. Aiming at the negative psychological emotions of piano majors, this paper puts forward the training scheme of psychological quality, and applies the scheme to the teaching practice of piano majors. The results show that the students who accept the optimized piano teaching scheme have significantly improved their psychological quality and ability, and there is a significant difference between them and the students under the traditional scheme. Therefore, in college teaching, for the cultivation of students' psychological quality, teachers need to formulate targeted optimization plans to provide direction for the cultivation of students' psychological quality.

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## IMPROVEMENT OF LAWS AND REGULATIONS FOR ARTIFICIAL INTELLIGENCE CONSIDERING AUDIENCE PSYCHOLOGY

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**Background:** The legal psychology of the audience is the primary stage for the audience to have legal consciousness. Legal psychology refers to the audience's perception, experience and emotion of the current laws and regulations themselves and legal phenomena. It is also the audience's superficial, intuitive and spontaneous reflection of the laws and regulations issued by the state and legal phenomena. The audience's legal psychology is closely related to their daily legal life. Generally speaking, in a national society, the legal psychological state of the people is closely related to the degree of legalization of the society, and plays an important role in the operation of the basic links of laws and regulations.

With the development of computer technology, artificial intelligence technology has gradually developed