

the long-term social life, the social masses have a certain degree of audience psychological anxiety. In view of this, psychologists began to try to alleviate the psychological anxiety of the social masses. Some studies proposed to carry out visual impact on anxiety patients through traditional art design, so as to divert attention from the psychological anxiety of the social masses and affect the anxiety in the non-remission period. However, in the empirical analysis, it is found that the art design in the development of modern society is difficult to meet the psychological needs of the audience. Therefore, how to reflect the unique aesthetic elements in the existing art design is a key breakthrough in this research direction. At the same time, some psychological studies have found that the external expression in aesthetic elements can distract the attention of patients with psychological anxiety to a certain extent, and need to carry out psychological construction. In addition, some studies have pointed out that the aesthetic elements in the traditional aesthetic design have certain unique characteristics. They can meet the audience's psychological needs while meeting their psychological needs, which can alleviate the psychological anxiety in the period from the change of needs. Therefore, it is proposed to make full use of the traditional aesthetic elements in art design to alleviate the anxiety of the audience.

**Objective:** Audience psychological anxiety is not only the product of social development, but also a risk factor affecting the good development of social groups. In order to alleviate the psychological anxiety of the public audience, this study proposes to use the aesthetic elements in the traditional aesthetic design to alleviate the anxiety, and analyzes the application effect of Sino American studies in the traditional art design in alleviating the psychological anxiety of the audience.

**Subjects and methods:** Taking 800 residents in five communities of a city as the research object, the psychological anxiety of all residents was counted, and the residents were divided into mild anxiety group, moderate anxiety group and severe anxiety group according to the psychological anxiety. Through expert interview, the defects existing in modern art design are analyzed, and the traditional aesthetic design scheme is determined by expert correspondence method. Under the influence of the aesthetic element embodiment scheme in the traditional aesthetic design, the anxiety score changes of the people in the mild anxiety group, moderate anxiety group and severe anxiety group are evaluated by SPSS22.0 for data difference analysis.

**Results:** The aesthetic elements in traditional art design are analyzed to reflect the impact of the scheme. The changes in the number of people in different anxiety groups are shown in Table 1.

**Table 1.** Changes of anxiety before and after intervention (n=800)

Project	Mild anxiety	Moderate anxiety	Severe anxiety
Before intervention	421	207	172
After intervention	674	78	48
<i>P</i>	<0.05	<0.05	<0.05

**Conclusions:** Social development is influenced by the social masses, and psychological emotions affect the comprehensive ability of the social masses. Therefore, reducing the audience's psychological anxiety has a positive effect on social development. Based on the current situation of the audience's psychological anxiety of the social masses, this paper puts forward the anxiety mitigation strategy based on the Chinese and American elements of traditional art design. Under the influence of the anxiety mitigation strategy embodied in the art elements in the traditional aesthetic design, the number of serious audience psychological anxiety in the anxiety population participating in the test decreased significantly, and the number of mild anxieties increased. The above results show that the aesthetic elements in traditional art design can greatly alleviate the psychological anxiety of the audience and promote the harmonious development of society.

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## RESEARCH ON INNOVATIVE TEACHING PATH OF MUSIC CLASSROOM IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Miao Liu

*Guangzhou Huashang College, Guangzhou 511300, China*

**Background:** Educational psychology originated from the western classical naturalistic educational thought, which was formally put forward by Pestalozzi. He explored the relationship between human mental

nature and educational activities, combined the educational process with the psychological activities of learning and communication, and made educational activities psychological from the law of human nature. Pestalozzi believes that we should pay attention to the change law of psychological activities of educational subjects in educational activities, understand the development mechanism of students' learning psychology, so as to carry out educational activities selectively, and adjust the teaching details such as the development method, teaching content and teaching principles of teaching activities accordingly. From the perspective of psychology, educational psychology combines educational practice with psychological theory to deeply explore the psychological law of pedagogy in the process of education. Educational psychology analyzes the learning and intervention effects and psychological factors of educational subjects under the educational environment, and studies the influence of various psychological factors in the process of educational practice on the educational process and educational effect. Educational psychology is a marginal interdisciplinary subject of pedagogy and psychology, which has a short development time, but the proposal of educational psychology theory is of great significance to the development and progress of pedagogy and psychology. Educational psychology applies the theoretical content of psychology to practical educational activities, which can promote the development of education, apply the influence of psychological factors to the improvement of curriculum design and teaching methods, and help students deal with the difficulties and challenges faced in the learning process.

In the course innovation of music teaching in colleges and universities, we need to consider the comprehensive level and ability of students, and innovate the teaching mode of music classroom in colleges and universities, mainly from three aspects: students' thinking, students' emotion and students' ability. In students' thinking, teachers should not simply instill theoretical knowledge in the teaching process. In the classroom, they should carry out interactive communication on music theory, stimulate students' enthusiasm in the classroom, and keep students thinking all the time when learning music knowledge, which is more conducive to students' full absorption of music related knowledge. In students' emotions, teachers need to pay attention to students' emotional changes in the classroom at all times. On the one hand, they need to understand students' interest in music learning, and on the other hand, they need to observe whether students' emotions are affected by relevant music. The purpose of the former is to require teachers to continuously optimize teaching methods and stimulate students' enthusiasm in teaching, and the purpose of the latter is to observe teaching effects and evaluate students' musical ability. Finally, teachers are required to pay attention to students' abilities, formulate teaching plans according to students' abilities, and teach students according to their aptitude according to students' abilities, so as to realize the common progress of all students.

**Objective:** The traditional music classroom teaching mode in colleges and universities is relatively traditional and single, which cannot meet the learning needs of students, alleviate students' negative emotions, and promote the dual development of students' mental health and music literacy. It is expected to fully mobilize students' enthusiasm under the new model, help students alleviate negative emotions, improve the effect of classroom teaching, and promote the healthy growth and long-term development of college students.

**Subjects and methods:** Based on the theory of educational psychology, this paper constructs a comprehensive index system of innovative teaching in music classroom in colleges and universities. The principal component analysis method is used to analyze the assignment of the index system, explore the impact of college music classroom innovative teaching on students' mental health development and music literacy training, find the main factors of college music classroom innovative teaching, and lay the foundation for putting forward a new model of college music classroom teaching. The principal component analysis method is used to mathematically transform and standardize the index variables, distinguish the amount of information according to the sample of the index, judge the importance of the index, and realize the comprehensive evaluation of the main influencing factors of innovative teaching in music classroom in colleges and universities.

**Results:** This paper analyzes the mental health status of music majors in colleges and universities. The statistical analysis results of the mental health level of music majors in colleges and universities are shown in Table 1. The mental health level of music majors in colleges and universities is generally low and their learning anxiety is serious.

**Table 1.** Statistical analysis of mental health level of music majors in colleges and universities

Survey object	Freshman	Sophomore	Junior	Senior
Nervous and tense	3.2	3.1	3.2	3.5
Mental depression	3.1	3.3	2.9	3.4
Learning anxiety	3.8	3.6	4.1	3.9

**Conclusions:** In order to improve the level of music teaching in colleges and universities, the research takes educational psychology as the breakthrough point and introduces the theory of educational psychology into the innovation of music teaching in colleges and universities. By studying the law of students' psychological changes to optimize the teaching scheme and integrating psychological mechanism in music teaching, on the one hand, it can improve the overall teaching level of teachers in music teaching, on the other hand, it can promote the all-round development of students and promote the physical and mental growth of students. The new mode of college music education combined with educational psychology can effectively promote the comprehensive development of students' mental health and music learning by controlling students' learning psychology.

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## RESEARCH ON THE INFLUENCE OF STRATEGY ADJUSTMENT OF IDEOLOGICAL AND POLITICAL WORK IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

Liwen Chen

*Southwest University of Political Science & Law, Chongqing 401120, China*

**Background:** When social individuals face difficulties or obstacles, they may have panic and anxiety because they are difficult to solve them in time or worry that they can't solve them effectively. Appropriate mental anxiety can promote individual behavior and effectively urge individuals to improve self-efficiency. However, excessive mental anxiety will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions. Under the increasingly severe social competition situation, contemporary college students are under multiple pressures from family, school, society and other aspects, and have been under mental anxiety for a long time. Academic and interpersonal communication are the main sources of pressure for college students. Different from the previous learning mode of junior high school and senior high school, the learning and life of the university requires college students to have higher autonomous ability, require students to have higher learning initiative and initiative, and be able to realize self-active learning and positive exploration. Some college students are difficult to adapt to the differences in learning habits between college and high school, have learning disabilities, and have serious anxiety and anxiety about learning and examination. On the other hand, with the improvement of social and economic level, the connivance of parents to students in modern society is increasing day by day. Some parents spoil students too much, resulting in students' low psychological pressure resistance and fragile psychological defense line. Therefore, when students leave their families for collective life, they are prone to problems with low willpower and emotional control in the face of difficulties and setbacks, and are troubled by negative emotions such as mental anxiety in the process of problem solving.

Guided by the goal of all-round education, the ideological and political concept of the curriculum combines the teaching of professional knowledge and value guidance in colleges and universities. By combining the ideological and political education in colleges and universities with the curriculum, it enhances students' political identity and cultural self-confidence, and helps students establish a good civic personality. In recent years, the government and colleges have paid more and more attention to the ideological and political education of college students. Many colleges and universities have introduced the curriculum ideological and political concept into professional teaching, integrated the ideological and political education into the teaching of professional courses, and formed a benign development track of ideological and political education and professional knowledge learning. The concept of curriculum ideological and political education combines ideological and political education courses with various courses to form the synergy of comprehensive education. Taking "Building Morality and cultivating people" as the educational goal, it highlights the joint educational role of the combination of moral education and professional teaching in higher education, integrates the guidance of psychological value in the teaching process of professional knowledge, and emphasizes the role of knowledge in the cultivation of moral education.

**Objective:** The research analyzes the ideological and political concept of college curriculum, integrates the ideological and political concept of college curriculum with the practice of ideological and political education, promotes the adjustment of the working mode and strategy of college ideological and political education, and establishes the education mode of all-round development of college students' comprehensive quality, hoping to provide reference for solving the mental anxiety of college students and improve the mental health level and psychological pressure resistance of college students.