

**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

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**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.

**Subjects and methods:** The research adopt the way of comparative experiment to understand the effect of the new and efficient ideological and political education strategy under the curriculum ideological and political concept on alleviating college students' mental anxiety. Fifty college students with mental anxiety were divided into the experimental group and the control group. The students in the experimental group were taught by the new and efficient ideological and political education teaching mode under the curriculum ideological and political concept, while the students in the traditional teaching group were taught by the traditional teaching mode. The implementation time of the experiment was one semester. By comparing the mental health level and curriculum professional scores of the students in the experimental group and the control group. To explore the therapeutic effect of a new and efficient ideological and political education strategy under the concept of curriculum ideological and political education on college students' mental anxiety.

**Results:** The changes of mental anxiety of students in the experimental group and the control group before and after the experiment are shown in Table 1.

**Conclusions:** The introduction of the ideological and political concept of the curriculum solves the problem that the traditional teaching mode takes professional knowledge as the only learning goal, and effectively improves the poor effect of Ideological and political education in colleges and universities in the past. It puts the ideological and political education and professional knowledge of college students at the same height, promotes the all-round development of college students, and improves the implementation strength and effect of ideological and political education in colleges and universities. The ideological and political education in colleges and universities under the concept of curriculum ideological and political education can effectively alleviate the mental anxiety of college students through the coordinated development of explicit education and implicit education, which is of great value to improve the mental health level of college students.

**Table 1.** Changes of students' mental anxiety

Time	Mental anxiety	
Before experiment	Experience group	3.81
	Control group	3.83
After the experiment	Experience group	1.49
	Control group	3.37

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## RESEARCH ON THE IMPROVEMENT OF MANAGERS' ANXIETY BY THE INCENTIVE MECHANISM OF HUMAN RESOURCE MANAGEMENT IN COLLEGES AND UNIVERSITIES

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**Background:** In recent years, due to the needs of social development and the change of policy direction, colleges and universities continue to expand enrollment, the number of college students continues to increase, and the workload of college managers has increased significantly, which increases the work pressure of college managers. Under the high requirements and high volume of university administration, there is a high psychological pressure on university managers, which is prone to psychological imbalance, which has a negative impact on the smooth implementation of university administration. Workplace environment is one of the main life scenes of people. About one-third of people's time and energy are invested in workplace work every day. Therefore, the working environment and state are directly related to people's daily psychological quality and affect people's psychological and physiological level. However, university managers need to invest a lot of emotion in the work process, and the continuity of university management is strong. Under the long-time and high-intensity work tasks, some university managers may have lost or bored emotions. The administrative work of colleges and universities also has the characteristics of detail and tediousness. The work content is relatively monotonous. Some college managers have a low sense of self-identity in their work and think it is difficult to give full play to their self-worth in their work, so they fall into negative emotions, resulting in a sharp rise in the psychological pressure of college managers. Under the increasingly accelerated social rhythm, college managers are affected by the dual effects of life pressure and work pressure, which may lead to physiological and