

results showed that before the ideological and political teaching experiment, there was no significant difference in the mental health score of the samples between each group. After the completion of the teaching experiment, except that the score difference between teaching group 1 and teaching group 3 is significant, the difference between other groups is still not significant. However, the average scores of the two groups who have received ideological and political education are higher than those of the teaching group 1 who has not received ideological and political education, which shows that. Ideological and political courses in colleges and universities will indeed have a positive impact on students' psychology, especially when teachers' pay special attention to and adjust students' psychological state.

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## THE POSITIVE IMPLICATION AND EMOTIONAL GUIDANCE OF THE AESTHETIC IMPLICATION OF RED MUSIC ON STUDENTS' PSYCHOLOGY

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**Background:** Red classic music records and reproduces the historical process of awakening, rising, struggle and victory of the Chinese nation in the past century in an artistic way, It is the best textbook for the construction of socialist core values and the dissemination of advanced culture. Red classic music not only has important ideological education value, historical literature value and cultural inheritance value. It has stronger artistic appeal and great aesthetic value. It's simple, concise and condensed content is consistent with the healthy, upward, positive and optimistic psychological mood of music. It's beautiful, beautiful and smooth form is related to the oriental aesthetic principle of "Qi first" and "vivid charm". It is also combined with the spirit of the times and social needs. Red classic music is not only the precious spiritual wealth of the Chinese nation. It is also a civilization achievement and music feast that can be shared by all mankind. At present, the activities of foreign media and public opinion guidance institutions are rampant in China. They try to change the people's patriotic and positive psychology by guiding public opinion and creating topics, so as to achieve the strategic purpose of restraining the rise of the Chinese nation. As a large number of senior intellectuals in China, college students are not mature enough in psychology and cognition due to lack of social experience, and are more vulnerable to the influence of foreign bad media institutions. Under this background, it is necessary to analyze and study the aesthetic significance of red classical music, which can guide students' positive psychology and positive emotion, so as to prepare for winning a new type of public opinion war among college students.

**Objective:** To understand the aesthetic meaning of red music in China by consulting relevant literature and talking with the older generation of excellent party members and musicians, and on this basis, consult the members of the expert group on the guidance and influence of red music on the psychology and emotion of college students through the expert inquiry method. It provides some references for strengthening college students' ideological education.

**Subjects and methods:** Firstly, collect the relevant literature and books on red music and music psychology published in China in recent five years, study these books, and contact several domestic red musicians to communicate with them, so as to understand the aesthetic meaning and psychological and emotional guidance of red classical music. Then 53 red musicians, psychologists and key university music teachers were selected from China to form an expert group. Firstly, according to the previous research results, the research team preliminarily sorted out the influencing factors of red music in guiding and affecting students' psychology and emotion, and sent them to the members of the expert group to evaluate the influence degree of each factor on students' psychology and emotion, and evaluate whether the listed factors are reasonable and complete. Integrate the feedback received from the expert group with the information, and then return it to the expert members again for evaluation. The consultation cycle will not stop until the expert group agrees. Note that in order to ensure the independence of expert opinions, any form of communication between expert members is not allowed during the experiment. The influence level is fixed into five categories: no influence, slight influence, general influence, obvious influence and full influence, and is given five integers of 1, 2, 3, 4 and 5 to quantify.

**Results:** After completing the expert consultation steps, sort out the final feedback and get Table 1.

According to Table 1, the expert group believes that appreciating red music can mainly produce three effects: enhancing positive psychology, changing cognition and improving patriotic emotion. The members of the expert group believe that these effects will have a general impact on students' psychology and emotion. The number of people above grade are 38, 18 and 37 respectively.

**Table 1.** Statistical results of the final feedback of the expert group on the research topic

The role of red music	No effect	Slight impact	General impact	Obvious influence	Full impact
Enhance positive psychology	0	5	10	26	12
Change cognition	2	11	22	13	5
Enhance patriotism	0	4	12	21	16

**Conclusions:** At present, the activities of foreign bad media and intelligence agencies in China are becoming more and more frequent, and the necessity and urgency of correctly guiding college students' thinking, psychology and values are becoming more and more prominent. As the crystallization of China's excellent history and culture, red music can play a unique role in guiding students' emotion and psychology. This study designed and carried out a social experiment with expert inquiry as the core. The inquiry results show that the expert group believes that appreciating red music can mainly produce three effects: enhancing positive psychology, changing cognition and improving patriotic emotion. The members of the expert group believe that these effects will have a general impact on students' psychology and emotion. The number of people above grade are 38, 18 and 37 respectively. It shows that red music is indeed helpful to stimulate and enhance the positive psychology of college students and enhance their patriotic feelings.

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## ON THE WAYS TO ALLEVIATE STUDENTS' CONSCIOUSNESS OBSTACLES IN THE REFORM OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES

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**Background:** Disturbance of consciousness refers to the disturbance of people's perception of themselves and the environment, or the mental activity that people rely on to perceive the environment. The etiology of consciousness disorders can be divided into intracranial diseases and extracranial diseases. The former mainly includes localized diseases, diffuse brain diseases, epilepsy, etc. The latter mainly includes acute infectious diseases, endocrine diseases, exogenous poisoning, physical damage, etc. On the one hand, the current mainstream treatment of consciousness disorders is drug treatment and surgical treatment. The specific treatment scheme needs to be comprehensively judged according to the causes of disease and the severity of symptoms. On the other hand, psychological intervention and other treatment methods have attracted more and more attention in recent years. Therefore, college ideological and political courses, as a few general courses including psychological education in various majors in colleges and universities, have great application value in treating and alleviating students' psychological and mental diseases.

**Objective:** To study the effect of the reform of ideological and political education in colleges and universities based on the principle of paying more attention to students' psychological and mental status on alleviating college students' consciousness barriers. According to the research results, this paper puts forward some constructive suggestions that can help alleviate the consciousness barrier of college students.

**Subjects and methods:** A representative and influential university in science and engineering, demonstration, medicine, art and sports were selected from China, and then 40 undergraduate full-time college students with varying degrees of consciousness disorders were selected from the core majors of each university as the research objects. The selected students were randomly divided into experimental group and control group, with 100 students in each group. Before the experiment, the general demographic information statistics of the two groups of students were carried out, and the difference significance of various characteristics was tested. Then the ideological and political education teaching was carried out for the two groups of students. The teaching content of the control group was not interfered by the research team, but the teachers in the experimental group were asked to introduce the operation law and development law of human society and the psychological change law of individuals in the society to the students as much as possible. The teaching experiment lasts for one semester. Before and after the experiment, MMSE (Mini Mental State Examination) test is required for all students to understand the