

education can not only solve the problem of students' lack of control over their learning process in the traditional single front-line education process, but also solve the problem of psychological anxiety caused by students' private psychology, which is difficult to be found in the classroom. Through online and offline collaborative teaching methods, we can start from the perspectives of personalized customized learning strategies, establishing private psychological communication channels while participating in group communication, and grasping students' real learning psychological status. While preventing the adverse physical and mental impact caused by learning anxiety, we can promote students to improve their learning efficiency and form better teaching results.

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RESEARCH ON THE INFLUENCE OF THE INHERITANCE AND DEVELOPMENT OF ETHNIC MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY

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Background: College students are in an important stage of physical and mental development. In this stage, the environment of college students is between campus and society, so their anxiety psychology has common characteristics to a certain extent. This common feature of anxiety psychology comes from the self-growth problems faced by college students in the transition from adolescence to adulthood. The most important problem is the unbalanced development of college students' physiology and psychology. The unbalanced development angle of physiology and psychology refers to that college students have tended to mature in physiological development. Their mature physiological development will lead to the illusion that they have become adults, but at the same time, the psychological state of college students does not match the physiological state. In this situation, college students are eager to draw a clear line with their imperfect psychological development, and show a kind of curiosity and desire for the adult world, which leads to the problems of psychological tolerance and adjustment in their personal psychological development. This problem, which is difficult for them to give answers from a psychological perspective, has evolved into their own anxiety psychology, that is, the efforts made by individual students in behavior and psychology are difficult to get corresponding returns, In the absence of external guidance, this psychological state is easy to lose balance. But at the same time, the external environment at this stage requires students to constantly try and experience new things in the process of their own physical and mental development. Only by constantly trying and experiencing can college students find a more suitable social outlet. Under the condition of college students' own psychological state imbalance, this attempt and experience evolve into a kind of coercion at the psychological level, which is in contradiction with the fragile and weakened psychological state of students, this leads to excessive anxiety among students. Therefore, it is necessary to establish psychological counseling channels for students and help students relieve psychological pressure. College folk music education can help students establish psychological anxiety relief channels from the perspective of relieving psychological pressure, so as to improve students' psychological adjustment ability and bearing ability and improve their mental health level.

Objective: By exploring the impact of the inheritance and development of ethnic music education in colleges and universities on alleviating college students' psychological anxiety, this study helps students establish psychological pressure and anxiety relief channels under the condition of insufficient psychological development, so as to improve students' psychological adjustment ability and get rid of anxiety psychology.

Subjects and methods: This study combines the decision tree algorithm with factor analysis, and analyzes the impact of the inheritance and development of college folk music education on alleviating college students' psychological anxiety from the two steps of dividing factors and analyzing the influence path of factors.

Study design: This study combines the psychological status and psychological anxiety characteristics of college students in the process of physical and mental development, uses the decision tree algorithm to classify the factors of college students' psychological anxiety symptoms, and on this basis, uses the factor analysis method to analyze the factor linkage mode between college national music education and college students' psychological anxiety.

Methods: SPSS19.0 was used in this study statistics and analysis of the influence data of the inheritance and development of ethnic music education in colleges and universities on alleviating college students' psychological anxiety.

Results: The impact of the length of ethnic music education in colleges and universities on alleviating college students' psychological anxiety is shown in Figure 1.

Figure 1 shows the sample distribution of the impact of the length of ethnic music education in colleges and universities on alleviating college students' psychological anxiety, in which the abscissa is the time course and the ordinate is the anxiety score. It can be seen that with the increase of the length of ethnic music education in colleges and universities, the psychological anxiety score of college students gradually shows an overall trend of decline. It can be seen that ethnic music education in colleges and universities will indeed have a positive impact on college students' psychological anxiety to a certain extent.

Conclusions: As a psychological intervention method of external factors, music intervention has always been one of the main methods to intervene anxiety symptoms. Combined with the current situation of contemporary college students' anxiety psychology, this study uses the strategy tree algorithm to divide the characteristic factors of college students' anxiety psychology, and on this basis, uses the factor analysis method to analyze the impact of the inheritance and development of college ethnic music education on alleviating college students' psychological anxiety. The results show that with the increase of the length of college ethnic music education, the score of college students' psychological anxiety gradually shows an overall trend of decline. On the one hand, it helps to help students get rid of the adverse effects of anxiety and promote the development of students' physical and mental health. On the other hand, it helps to inherit and develop Chinese traditional national music.

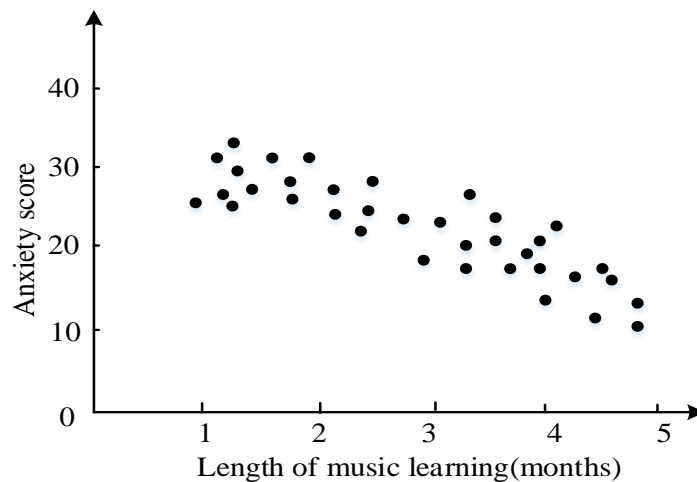


Figure 1. Analysis of music learning duration

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THE EFFECT OF INFORMATIZATION MODE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON STUDENTS WITH THINKING LOGIC OBSTACLES

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Background: Thinking logic disorder refers to the abnormality in the amount and speed of thinking activities in the process of thinking Association and logical reasoning. The clinical manifestations of thinking logic disorder are diverse. Symptoms such as excessive divergence of thinking, slow thinking speed, lack of coherence of thinking, lack of generalization ability and abstract thinking ability are the main symptoms of thinking logic disorder. At the psychological level, thinking logic barriers can be mainly divided into thinking motivation barriers, thinking motivation barriers, thinking content barriers and generalization process barriers. Thinking power disorder refers to the lack of main cause power of thinking, which leads to the abnormal speed of thinking process or the lack of stability of thinking logical structure. The abnormal speed