

research group and control group, with 50 students in each group. Among them, the students in the research group used ideological and political education integrated with the spirit of “rush to the exam” to teach. The students in the control group were taught with the traditional ideological and political education mode.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: Before the experiment, there was no significant difference in SAS scores between the two groups ($P > 0.05$). After three months of teaching, the SAS score of students in the study group was significantly lower than that of students in the control group ($P < 0.05$). The SAS scores of the two groups of students are shown in Table 1.

Table 1. SAS scores of two groups of students

Timing	SAS scores		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	76.2±12.3	76.5±12.1	0.304	0.653
After teaching	52.6±8.7	65.2±11.9	6.42	0.013
<i>t</i>	6.371	4.421	-	-
<i>P</i>	0	0.019	-	-

Conclusions: The thought of college students is immature and easy to be disturbed by the outside world and fall into mental anxiety. The spirit of “catching up for the examination” is a unique spiritual quality of the party and a practical and exploratory spirit of unremitting struggle to realize people’s happiness, national rejuvenation and world harmony. Based on educational psychology, the research analyzes the psychological activities and change laws of contemporary college students, and integrates the spirit of “catching up with the examination” into the ideological and political teaching in colleges and universities, so as to shape students’ sense of responsibility and strengthen students’ beliefs and beliefs, so as to improve students’ mental health level and alleviate students’ anxiety. The results showed that there was no significant difference in SAS scores between the two groups before the experiment ($P > 0.05$). After three months of teaching, the SAS score of students in the study group was significantly lower than that of students in the control group ($P < 0.05$). It shows that the spirit of “catching up with the examination” can effectively infect and motivate students, strengthen students’ beliefs, and then alleviate students’ anxiety.

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THE HISTORICAL LOGIC OF THE LOCAL COMMUNIST YOUTH LEAGUE IN IMPROVING YOUNG PEOPLE’S POLITICAL IDENTITY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: The Communist Youth League of China has a history of 100 years since its establishment in 1922. In order to celebrate the 100th anniversary of the birth of the Communist Youth League, we need to sort out the evolution logic of its historical process. From the perspective of social psychology, it mainly summarizes the long-term work experience of the local Communist Youth League in improving young people’s political identity and reveals its development law. Academic circles at home and abroad rarely explore this, and this research will fill this deficiency.

Objective: On the basis of summarizing the past experience and lessons, this paper clearly expresses the effective measures, historical value and social effects of the local Communist Youth League to improve the political identity of young people in different historical periods of nearly 100 years of struggle, reveals the law of guiding young people to grow and become talents, and provides academic reference and decision-making reference for further improving the work of the Communist Youth League in the future.

Subjects and methods: Mainly taking the psychological orientation characteristics of young people’s political cognition in the past 100 years as the research object, according to the characteristics of social

changes in different historical stages in China in the past 100 years, this paper analyzes the psychological adaptation of young people to society and their historical responsibilities and missions, and reveals the countermeasures taken by local Communist Youth League organizations and their effectiveness evaluation.

This paper mainly uses the case analysis method to analyze the social cognitive convergence significance of the local Communist Youth League in guiding the youth to reach a consensus on revolutionary ideals and beliefs and undertake the mission of people's liberation and national independence during the new democratic revolution. Using the method of social participation, this paper analyzes the individual divergent and innovative function of local Communist Youth League organizations in guiding young people to participate in socialist transformation and socialist construction during the period of socialist revolution and construction, and reveals the innovative value of young people's participation in social construction. Using the method of belief cultivation, this paper analyzes the psychological guiding value of local Communist Youth League organizations in guiding young people to enhance the ideal and belief of socialism with Chinese characteristics after the reform and opening up, and reveals the spiritual incentive function of enhancing young people's social self-confidence. Using the method of experience summary, this paper analyzes the overall process of local Communist Youth League organizations in recent 100 years to guide young people to learn from past successful experience and further improve the psychological structure optimization efficiency of Communist Youth League work in the future, in order to further guide young people to adapt to the trend of major adjustment, development and Reform in the new era.

Results: During the new democratic revolution, a large number of young people awakened one after another and actively participated in the revolution. They were not afraid of bloodshed and sacrifice for their ideals and beliefs, and made great contributions to the victory of the Chinese revolution. During the period of socialist revolution and construction, a large number of young people actively participated in the socialist transformation movement and promoted the great development of socialist construction. Since the reform and opening up, many young people have emancipated their minds and become the promoters of reform and opening up and the new force of modernization.

Conclusions: In the hundred years of struggle since the founding of the Communist Youth League, local Communist Youth League organizations can combine the evaluation of the social situation with the psychological problems of young people according to the changing laws of different times, guide young people to enhance their political identity with advanced scientific ideas, correct political guidance and the core values reflecting the excellent traditional Chinese culture, actively participate in the upsurge of social revolution, construction and reform, and promote young people to learn and cultivate their skills. It has played an important incentive role, accumulated valuable experience and made great achievements.

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THE INFLUENCE OF MUSIC EDUCATION ON MENTAL HEALTH UNDER THE CONCEPT OF EDUCATIONAL PSYCHOLOGY

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Background: As a branch of psychology, educational psychology belongs to the marginal discipline of pedagogy and psychology. Its research content is the psychological activities and change laws of educators and educated in education and teaching. In educational psychology, education can be divided into school, family and society. For students, school education is in the main position in students' education time, which has a great impact on the cultivation of students' three outlooks and the shaping of personality. By using the knowledge of educational psychology in teaching, we can help teachers carry out teaching better, improve students' learning enthusiasm and initiative, and guide students to establish correct three views. In addition, educational psychology can also help teachers provide innovative ideas for teaching according to the situation of students, and constantly carry out relevant theoretical research and construction, so as to extract the corresponding theories of teaching and learning. On this basis, a relatively complete discipline theory system can be formed and applied in teaching practice. The teaching quality is constantly improved in the teaching process according to the theory.

Soothing music can improve people's mood and relieve negative situations such as impatience and fear. Music with positive emotions can infect individuals and make individuals have positive emotions and good