

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

expectations. Music can stimulate the human brain to release acetylcholine and other substances, and improve the function of cerebral cortex. It can directly act on the emotional center of the human brain and regulate people's emotions in both directions. It can even improve brain function, coordinate the left and right hemispheres of the brain, and actively promote the development of individual intelligence. Music can have a certain impact on individual personality and promote the coordinated development of individual body and mind under the subconscious action of music. Relevant studies have found that music therapy can provide individual psychotherapy and hypnosis. In the music played, slowly relieve the psychology, improve the individual's physical and mental health level and cultivate the individual's positive character through singing, playing, creation and other music related activities. Moreover, music therapy has three principles: step-by-step, learning and inspiration and experience. Therefore, facing the mental health problems of college students, this paper uses the relevant knowledge of educational psychology to explore the impact of music education on college students' mental health.

Objective: To understand the current mental health status of college students, analyze the impact of music education on college students' mental health, so as to take relevant mental health education means in music education, actively guide college students' mental health and improve their mental health level. For example, through different teaching means to have a positive impact, under the concept of human text, pay attention to students' personality development, encourage college students to create boldly, and carry out multicultural development on the basis of inheriting national music, so as to improve students' comprehensive quality.

Subjects and methods: The research objects are college students. 300 students are randomly selected from a university. These students come from different majors and grades. Understand the mental health status of these students and the current situation of music education, and analyze the students' views on the current music education. Music education is an effective way to promote students' mental health. The teaching practice is one semester, and the relevant experimental data are recorded during the teaching period. The impact of the reformed music education on the mental health of college students is evaluated through fuzzy evaluation. The score adopts grade 1-5. The score of 1-5 indicates no, slightly, general, obvious and complete respectively. The data processing and analysis software adopts SPSS software.

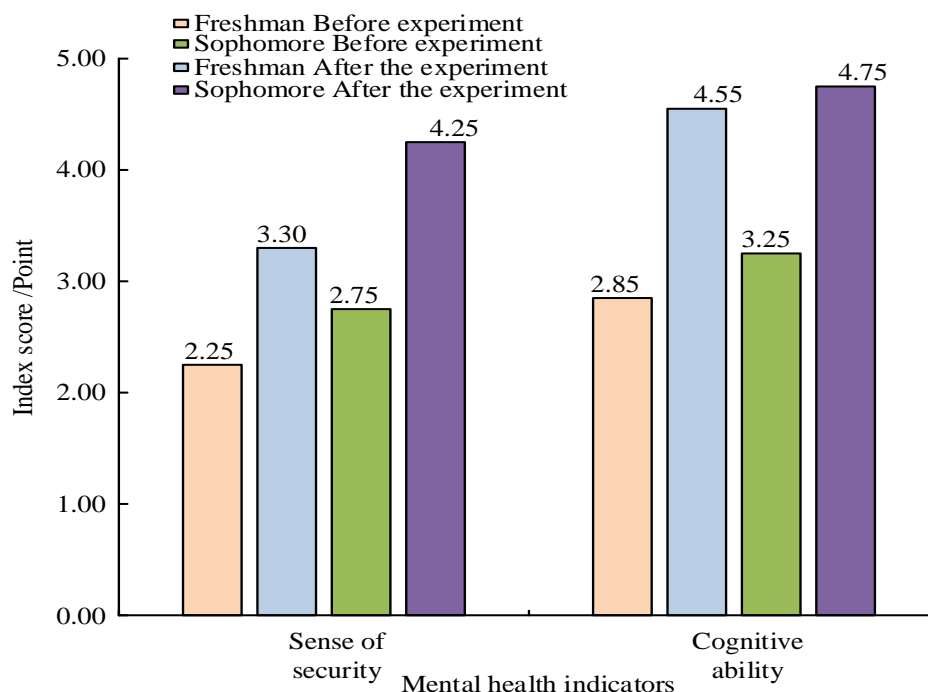


Figure 1. Mental health scores of different grades before and after the experiment

Results: Whether a person is healthy or not can be measured from both physical and psychological aspects, and mental health is one of the measurement standards. This index can see that a person's personality is sound enough to a certain extent, which is of great significance to the healthy development of human body. At present, the mental health status of college students is not optimistic. College students have different degrees of mental health problems and are in a state of sub-health psychologically. Music education can enable students to get a good emotional experience, baptize and evolve their spirit, strengthen their self-concept and improve their cognitive ability. By enriching the content and means of

music class, cultivate students' aesthetic ability, let students understand social culture and correctly position themselves in pop music. Promote the development of mental health in campus music culture. After one semester, freshmen's sense of security score increased by 1.05 points, and the results are shown in Figure 1.

Conclusions: Music education for college students, under the concept of people-oriented, enriches the content of music classroom, promotes the improvement of teaching quality through a variety of teaching means, and guides college students to establish a correct three outlooks, which is conducive to the good development of college students' mental health.

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RESEARCH ON THE TEACHING REFORM OF THE COURSE OF DESIGN AND PRODUCTION OF FILM AND TELEVISION ADVERTISING IN THE NETWORK ERA UNDER AFFECTIVE DISORDER

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Background: Affective disorder is a common mental disorder that may exist in both depression and mania. When patients have depressive symptoms, they often show symptoms such as depression, loss of pleasure, reduction of speech activity, fatigue retardation and so on. When patients have mania, they have high emotion, increased speech activity, energetic and so on. The symptoms of affective disorder usually have complex clinical symptoms, which are mainly manifested in patients' low or high mood, repeated, alternating and irregular presentation. At the same time, there are often disorder symptoms such as distraction, rashness, exaggeration, running a way of thinking, high reactivity, reduced sleep and increased speech. In addition, patients may also have anxiety disorder, obsessive-compulsive disorder, and even psychotic symptoms such as money abuse, auditory hallucinations, victimization paranoia, and high mental tension. There are many causes of affective disorder. New media, and the production and dissemination of film and television advertising has completely entered an era of joint construction by the whole people. Mobile app and short video have also become important media for the production and dissemination of film and television advertising, and we media has become an important part of the advertising communication process. With the characteristics of rich information and timely update, we media makes the advertising audience start to change from passive acceptance to active catering. This network communication form is also very consistent with the fragmented reading mode of the audience, and also provides a new platform for information communication. In the past two years, affected by the COVID-19, we media website users' demand for entertainment culture has continued to increase. At present, the most active network platform effectively shortens the distance between advertisers and users with real-time interaction, and effectively improves the communication efficiency of online advertising.

Objective: The teaching content and form of the course of film and television advertising design and production in colleges and universities not only focus on learning the expression methods, creative process, software application, effect statistics and other knowledge of traditional film and television advertising, but also need to be effectively combined with mental health education to teach students, so as to meet the needs of the new development of the network era.

Subjects and methods: 200 college students with affective disorder were randomly selected as the research objects and divided into experimental group and control group, with 100 people respectively. The experimental group was given the curriculum scheme teaching of film and television advertising design and production in the network era under affective disorder, and the control group was given routine teaching.

Study design: The two groups of students were scored by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and explicit aggressive behavior scale before and after teaching. Among them, SAS scale and SDS scale evaluate students' anxiety and depression respectively. The higher the score, the more serious the degree of anxiety or depression. Moa's scale is used to evaluate the explicit aggressive behavior of the two groups of students. The two groups of patients are evaluated before teaching and 2 months after teaching. The higher the score, the more serious the aggressive behavior is.

Methods: The relevant data were analyzed by Excel and SPSS20.0 for calculation and statistics.

Results: As shown in Table 1, the SAS and SDS scores of the experimental group were lower than those of