

practice, so as to optimize students' psychological state.

In the social environment, every individual needs to follow the most basic social rules, which basically regulate the individual's behavior and activities. The social role refers to the role played by the individual in the social environment and the social identity given to the individual in the social activities. When students' social role cognition has problems or obstacles, students may have mental health problems, which has a serious impact on the development of students' physical and mental health. In study and life, students' cognition of their social role may have certain role expectations and expectations of their role status in social groups. When there is a deviation between their role expectation and the actual situation, students may have psychological problems. College music education induces students' cognitive thinking about themselves through the educational infection of music, helps students solve puzzles and puzzles in the process of communication with students, and corrects students' inappropriate and incorrect self-role cognition.

Objective: Through the analysis of the current situation of music education reform in colleges and universities, combined with the analysis of the current situation of students' psychological status, to explore students' self-social role cognition, and to analyze the impact of music education reform in colleges and universities on students' mental health and self-social role cognition. Through the analysis of the relationship between college students' cognition and the implementation of the psychological reform of music, we can provide students with a reasonable reference for the establishment of the relationship between college students' cognition and the implementation of music education.

Subjects and methods: Study the current situation of music education in colleges and universities, understand the problems existing in music education in colleges and universities, collect the opinions and suggestions of music majors in colleges and universities on professional education, analyze the implementation of music education reform in colleges and universities, and explore the impact of music education reform in colleges and universities on students' psychological status. The research adopts the method of stratified cluster random sampling, and randomly selects two music professional classes from each of the four grades of a university for comparative experiments to verify the implementation effect of music education reform in colleges and universities, and explore the impact of music education reform in colleges and universities on students' psychology. During the comparative experiment, the students in the experimental group used the new teaching mode under the reform of music education in colleges and universities to optimize the existing teaching concept and teaching curriculum arrangement of music major. The students in the control group were taught according to the traditional teaching mode of music major, maintaining the original teaching arrangement and progress. The experiment lasts for 3 months. The experimental reform course includes all compulsory and elective courses related to music major.

Results: The changes of students' social role cognition and psychological status before and after the reform of music education in colleges and universities are shown in Table 1. After the reform of music education, students' self-social role cognition has improved significantly, and students' psychological anxiety and depression scores have decreased significantly.

Conclusions: The promotion of music education reform in colleges and universities has further optimized the curriculum concept of traditional music education in colleges and universities, adjusted the education mode of music education in colleges and universities, and effectively promoted the improvement of students' mental health level and helped students establish correct self-social role cognition by using the dual role of educational psychology and music infection.

Table 1. Changes of students' social role cognition and psychological status before and after the reform of music education in colleges and universities

Test dimension	Before reform	After reform
Correctness of social role cognition	1	4
Rationality of role expectation	2	4
Role coordination processing	1	4
Psychological anxiety	4	1
Psychological depression	3	1

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CORRELATION BETWEEN WOMEN'S ENTREPRENEURIAL PSYCHOLOGICAL ANXIETY AND THEIR ENTREPRENEURIAL EFFECTIVENESS

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Background: The development of social economy not only provides jobs for the employed, but also brings many challenges. As the main employment group, women need to focus on how to choose the employment direction. In a large number of employment guidance, the main content emphasized is to meet the employment needs of women groups first, and then to meet the professional needs of women groups. Although this employment guidance method has improved the overall employment rate of women, it is undeniable that a large number of women will not adapt to employment and choose reemployment. Therefore, on this basis, the development path of women's entrepreneurship is put forward. In women's entrepreneurship, different from male entrepreneurs, women's groups have limited natural conditions, which leads to a certain degree of psychological anxiety in women's entrepreneurship. At the same time, some studies have pointed out that when women participate in entrepreneurship, they pay attention to the limited entrepreneurial content. On the one hand, women are not familiar with the entrepreneurial environment. On the other hand, women's professional knowledge is limited. It is undeniable that in entrepreneurship, we must pay attention to the effectiveness of entrepreneurship. With the development of science and technology and the accelerating speed of social development, social people prefer innovative and effective products. If entrepreneurial products lose their practical effectiveness, social people will immediately abandon products and turn their attention to other products. Some studies have proposed that the effectiveness of entrepreneurship will also have a great impact on women's entrepreneurial groups, and emphasized that the effectiveness of entrepreneurship will have a significant impact on women's psychological anxiety.

Anxiety is a kind of psychological disease, which is caused by the patients' inconsistency between reality and expectations and their worries about their own disadvantages in the future. It is mainly manifested in emotional instability and often falling into negative emotions such as fear, anxiety and chagrin. Too much anxiety or too long anxiety will cause a huge burden on the patient's body, threaten the patient's physical and mental health, and is not conducive to the patient's personal development and social harmony. At the same time, it is pointed out in psychology that psychological anxiety is a common negative psychological emotion. Generally speaking, for social groups, the social environment provides not only a living environment, but also a platform for continuous challenges. In the social environment, the social masses will feel the pressure in different directions. Because the development of science and technology continues to drive the social development, the pressure that individuals need to bear in the society is also increasing. The existence of pressure always affects the normal life of students. In this context, the influence of social environment breeds the anxiety of social groups. From some studies, we can know that the development of society is achieved by the joint efforts of people from different social strata, but the distribution of pressure in society is mainly concentrated in some groups, which leads to the emergence of social anxiety in social groups. Therefore, finding an appropriate method to reduce the entrepreneurial pressure of women and alleviate the entrepreneurial anxiety of women is of great significance to the future development of women and the progress of society.

Objective: As an important group in China's social development, women's employment and entrepreneurship play a significant positive role in social development. In the study, in order to alleviate the psychological anxiety of women in entrepreneurship, analyze the correlation between women's entrepreneurial anxiety and entrepreneurial effectiveness, and put forward the strategies to solve women's psychological anxiety.

Subjects and methods: Taking female entrepreneurs in a city as the research object, after a one-month follow-up survey, we collected the basic information of 210 female entrepreneurs, used the self-rating anxiety scale to evaluate the psychological anxiety of all participants, and understood the effectiveness of entrepreneurial products of entrepreneurs through expert interviews. Statistical experts evaluated the effectiveness of innovative products and the psychological anxiety of women entrepreneurs. Spearman correlation analysis was used to evaluate the correlation between the effectiveness of innovative products and the psychological anxiety of women entrepreneurs.

Results: The correlation between the effectiveness of innovative products and the psychological anxiety of women entrepreneurs is shown in Table 1.

Conclusions: In social development, any group is prone to psychological anxiety, and women are more likely to have psychological anxiety in entrepreneurship. In order to alleviate the entrepreneurial psychological anxiety of women in social development, this paper studies and analyzes the correlation between entrepreneurial effectiveness and entrepreneurial anxiety, and puts forward strategies and means

to alleviate women's entrepreneurial psychological anxiety. In the correlation evaluation, it can be found that the feasibility and purpose of entrepreneurial effectiveness have a negative impact on the psychological anxiety, life anxiety and psychological depression of women entrepreneurs, indicating that the psychological anxiety of entrepreneurs can be alleviated by improving the feasibility and purpose of entrepreneurial products.

Table 1. Correlation between effectiveness and psychological anxiety of women entrepreneurs

Project	Psychological anxiety	Life anxiety	Psychological depression
Feasibility of implementation	-0.572	-0.421	-0.399
Purpose of implementation effect	-0.453	-0.461	-0.401

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RESEARCH ON THE INFLUENCE OF VOCAL MUSIC TEACHING IN COLLEGES AND UNIVERSITIES ON ALLEVIATING STUDENTS' PSYCHOLOGICAL ANXIETY

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Background: Psychological anxiety problems generally appear in the current young groups, and with the acceleration of the pace of social development, the number shows an upward trend. Patients with psychological anxiety are accompanied by depression, mental tension, insomnia, trance, insomnia, dreaminess and other symptoms. Once they have psychological anxiety problems, they need to adjust their mentality in time and seek medical treatment. At present, there are many treatment methods for psychological anxiety diseases, and different methods have certain effects. Common treatment methods include drug treatment, which can relieve people's nerves and regulate people's body and mind through some spiritual drugs, so as to keep people energetic, so as to alleviate tension and alleviate the symptoms of psychological anxiety. In addition, through the guidance of some experts, the hospital can improve its physical and mental tension, and improve its physical and mental tension through physical training. Finally, there is psychological adjuvant therapy. Through communication and exchange with patients, we can understand the real thoughts of patients, and restore patients' self-confidence through reasonable psychotherapy, so as to alleviate the symptoms of emotional tension, mental anxiety and so on. With the increasing pressure faced by college students, colleges and universities have become a high incidence of psychological anxiety. Students' psychological anxiety problems not only affect students' physical and mental health, but also have an adverse impact on students' learning and employment. Therefore, college education attaches great importance to the education of students' mental health. How to alleviate the psychological anxiety of college students has an important impact on the development of college education.

In college education, mental health education is a link that cannot be ignored in the development of colleges and universities. With the increase of employment pressure, academic pressure and emotional pressure, more and more students' mental health has been affected. Psychological anxiety has affected the normal development of college education. In order to alleviate the psychological anxiety symptoms of college students, some educational researchers believe that the vocal music teaching in colleges and universities can alleviate the symptoms of students' emotional anxiety and tension. The field of vocal music curriculum research in colleges and universities has a positive impact on relieving students' pressure and regulating students' emotions. Especially in sound teaching, students' impatient emotions can be relieved through the understanding of sound theoretical knowledge, the appreciation of sound works and the training of vocal music pronunciation. At the same time, vocal music curriculum has artistic characteristics, appreciate classic vocal music works and immerse in the wonderful emotional rhythm of sound works, it can also alleviate students' nervous tension, and then affect students' psychological activities. Therefore, this paper studies the widespread psychological anxiety of college students and analyzes whether vocal music teaching in colleges and universities has a positive impact on alleviating students' psychological anxiety.

Objective: To explore the development status of college students with psychological anxiety disorder, analyze the performance of psychological anxiety and its impact on students, analyze the regulating effect of college vocal music curriculum on students' psychological activities, and then explore whether college