

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

vocal music curriculum can alleviate students' psychological anxiety.

**Subjects and methods:** Take 200 high school students with psychological anxiety as the research object, carry out college vocal music teaching for 200 students, and record the psychological changes of students before and after six months of study. The evaluation indicators are optimistic attitude, stress relief, physical and mental improvement and learning improvement. Compare the number of indicators before and after vocal music teaching to evaluate the improvement of students' psychological anxiety.

**Results:** After six months of vocal music teaching, the changes in the number of evaluation indicators of psychological anxious students are shown in Table 1. It can be seen that after six months of vocal music course learning in colleges and universities, the number of indicators of psychological anxious students has been improved, their learning quality has been improved, and the pressure on students has been relieved. It can be seen that vocal music teaching has a positive impact on students' psychological anxiety.

**Table 1.** Changes in the number of evaluation indexes of students with psychological anxiety after six months of vocal music teaching

Project	Optimistic attitude	Stress relief	Physical and mental improvement	Study better
Before education	40	21	35	40
After education	120	130	112	156
<i>P</i>	< 0.05	< 0.05	< 0.05	< 0.05

**Conclusions:** Psychological anxiety has become a common social phenomenon. In the college environment, more and more students have psychological anxiety symptoms, which not only affect their study, but also affect their body and mind, and have an adverse impact on the current development of college education. Therefore, modern education should pay attention to it. Therefore, this paper analyzes the impact of college students' psychological anxiety on students' development, and puts forward that college vocal music education can alleviate students' mental anxiety symptoms. The marriage certificate shows that through vocal music teaching in colleges and universities, students' psychological anxiety has been effectively alleviated, their learning is more active, and their physical and mental quality has been improved. Therefore, the development of modern education needs to pay attention to the mental health education of students, so as to promote the scientific and healthy development of students.

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## APPLICATION OF SOCIAL PSYCHOLOGY IN THE TREATMENT OF PROFESSIONAL MENTAL ANXIETY OF FINANCIAL PRACTITIONERS

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**Background:** Social psychology is to explore interpersonal relationships from the level of individuals and social groups. It explores behavioral and psychological changes between individuals and groups. Man is the unity of physiology, psychology and society. People's mental health is affected by family environment and social life factors. Social psychology attaches importance to the analysis of individual psychological factors and emphasizes the interaction between individual and society. The most basic organizational form of social life is the family. The first cradle of personal growth after birth is also the family. Personal mental health problems are closely related to family environment. Parents' socio-economic status, family structure and family relations, family rearing style, childhood life experience and early education are important factors affecting individual mental health. Social life factors include social culture, knowledge, wealth, social competition, interpersonal relationships and so on. When individuals are in mental health, they can actively adapt to social life and natural environment through psychological activities and mental state. Mental health is easy to be affected by social life factors. The influence of social culture on individual mental health mainly has two ways: one is standardized social culture, the other is non standardized social culture. Standardized social culture is the objective compulsion of social culture and the consciousness of individual self-regulation. In the process of social survival, individuals will consciously restrict their behavior according to social norms and make individuals gradually socialized. However, due to the particularity of individuals, in the process of socialization, their social culture will collide with their emotions, resulting in individual