

strengthen their own management. Only the joint efforts of the media and users can dispel the social anxiety caused by information. The results show that the scores of the experimental group after teaching are significantly lower than those of the control group ($P < 0.05$), which not only shows that the circuit course teaching mode under the curriculum ideological and political concept can improve the negative psychology of college students, but also shows that the effect of this teaching mode is significantly better than that of conventional teaching.

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ANALYSIS ON THE COMMONNESS BETWEEN COLLEGE STUDENTS' MENTAL HEALTH PROBLEMS AND IDEOLOGICAL AND POLITICAL EDUCATION

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Background: As the key content of psychological education, mental health knowledge is very important for the improvement of students' psychological quality. Psychological quality education can affect students' establishment of outlook on life, maturity of personal thought and adaptability to social environment to a certain extent. Therefore, we should pay attention to the mental health education of college students, deeply explore the essence and connotation of education, improve students' comprehensive ability and self-education ability, and lay the foundation for cultivating college students' innovation and entrepreneurship. Anxiety disorder is different from ordinary mental diseases. It not only has all negative emotions, but also may be the accumulation of all kinds of negative emotions. The physiological characteristics of anxiety disorder include insomnia, dreaminess, general weakness, dizziness, headache, dry mouth, loss of appetite, frequent urination, etc. Intellectual characteristics include inattention, dizziness, thinking disorder, etc. Emotional characteristics include irritability, tension, uneasiness, pessimism, etc. The main social characteristics are lack of self-confidence and inferiority. Some studies have pointed out that personality, growth environment and living experience are the main influencing factors of college students' anxiety. College students' anxiety can be divided into five types: learning, economy, emotion, social interaction and employment. Although these five kinds of anxiety are generally realistic anxiety, they also include neurotic anxiety and moral anxiety, which are mainly reflected in the mental health problems of college students. Although moderate anxiety has certain positive significance to life, anxiety is always a negative emotion. Excessive anxiety will bring a series of negative effects to life. Anxiety is not only harmful to physical and mental health, but also accompanied by many bad emotions, such as serious sleep disorders, cognitive disorders, mental disorders and so on. Mental health education is an important part of Ideological and political education in colleges and universities, but the traditional mental health education of college students generally lacks attention to anxiety.

Objective: The purpose of this study is to study the characteristics and adjustment countermeasures of contemporary college students' anxiety.

Subjects and methods: 400 students with anxiety disorder were selected to give college students an ideological and political education model integrating mental health education. This study refers to a large number of domestic and foreign literature, and uses Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) to investigate and study, so as to judge the effect of Ideological and political education mode integrating mental health education on students' psychological rehabilitation. The HAMD scale adopts a 17-item version and includes seven factors: anxiety / somatization, weight, cognitive impairment, day and night change, retardation, sleep disorder and despair. It is divided into three grades: 24 points, 17 points and 7 points. A score lower than 7 indicates no depression, a score between 7 and 17 indicates mild depression, a score between 17 and 24 indicates moderate depression, and more than 24 indicates severe depression. HAMA scale can reflect the severity of the disease, including physical anxiety and mental anxiety. If the score is lower than 6, there is no depression; if the score is between 7 and 17, there may be anxiety; if the score is between 14 and 21, there is anxiety; if the score is more than 21, there is significant anxiety. The relevant data are in Excel and SPSS20.0 software for calculation and statistics.

Results: 400 students with anxiety disorder were selected to give college students an ideological and political education model integrating mental health education. This study refers to a large number of domestic and foreign literature, and uses Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) to investigate and study, so as to judge the effect of Ideological and political education mode integrating mental health education on students' psychological rehabilitation. The HAMD scale adopts a 17-item version and includes seven factors: anxiety / somatization, weight, cognitive impairment, day and

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Table 1. Comparison of anxiety and depression of tourists before and after travel

Score	Factor	
	Before teaching	After teaching
HAMA total score	19.07	9.59
Mental anxiety	10.90	5.04
Somatic anxiety	8.17	4.62
HAMD total score	23.25	20.46
Anxiety / somatization	7.24	6.14

Conclusions: The ideological and political education method of anxiety disorder proposed in this paper creates a new direction for controlling the emotion of college students' anxiety disorder in practice. This model can objectively and accurately reflect the symptoms of college students' anxiety disorder, and then formulate the corresponding anxiety disorder management plan. The early intervention of anxiety and depression is conducive to the recovery of social function and mental health. This study analyzes the anxiety and depression of college students based on the psychological scale, in order to find the impact of the ideological and political education model integrating mental health education on mental health. The results showed that the total HAMA score of students after teaching was significantly lower than that before teaching ($P < 0.05$), and the factors of mental anxiety and physical anxiety were significantly lower ($P < 0.05$). The total score of HAMD and anxiety / somatization factors were significantly reduced ($P < 0.05$), indicating that the application of Ideological and political education mode in patients with anxiety disorder has higher effect and application value compared with routine daily education. The ideological and political education mode can adopt different treatment methods according to different personality anxiety patients, and patients can receive diversified and all-round treatment.

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RESEARCH ON THE POSITIVE INFLUENCE OF SOLFEGGIO ON COLLEGE STUDENTS' MUSIC TEACHING

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Background: Solfeggio, as a basic subject of music, focuses on cultivating and training students' music skills such as music hearing, pitch memory and spectrum recognition. Solfeggio and ear training level is usually used as the main basis to measure learners' overall music quality and music potential. Understand students' relevant music learning background, learning motivation, learning attitude, learning habits, pitch memory, auditory analysis, spectrum recognition habits and other learning psychological activities, so as to provide objective guidance for teachers to formulate reasonable teaching objectives, adopt diversified teaching methods, and design reasonable learning methods according to students' commonness and individuality. The latest research results of positive psychology show that some positive qualities can directly affect students' academic performance. In the process of Solfeggio and ear training teaching in modern colleges and universities, we must first cultivate students' sound discrimination ability, and then gradually understand the connotation and spirit contained in music after knowledge learning and experience accumulation to a certain extent. Through the step-by-step process, we can ensure that auditory training can achieve better results, and this process of leaping from the foundation to the top must be inextricably linked with students' music cognitive psychology. From the perspective of cognitive psychology alone, it involves the two fields of music psychology and cognitive psychology. In essence, it is an integrated discipline. It is a response to the phenomenon of music auditory physiology and vocal cognitive