

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.

**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

organization. It is a good answer to why the feelings brought by the same music work are very different. Relevant research shows that there is an inevitable relationship between college students' music cognitive psychology and the teaching effect of Solfeggio and ear training. However, when college students master the teaching content of solfeggio and ear training, they are not mature in music cognitive psychology, which affects the improvement of students' Solfeggio and ear training level.

**Objective:** Solfeggio and ear training is a basic discipline in the field of music education, which has its own unique discipline characteristics. In recent years, the research on students' learning psychology of Solfeggio and ear training has gradually become one of the focuses of attention. However, at present, the academic circles mostly focus on the analysis and countermeasures of Solfeggio and ear training learning obstacles and negative factors, and pay less attention to the research, utilization and teaching exploration of positive factors in Solfeggio and ear training learning psychology. This paper is based on the analysis and research of the positive factors in the learning psychology of secondary vocational music students, and the relevant teaching exploration in the Solfeggio and ear training teaching of secondary vocational music majors.

**Subjects and methods:** 200 college students were randomly selected as the evaluation objects and randomly divided into experimental group and control group, with 100 people in each group. The experimental group was taught Solfeggio and ear training based on music theory, and the control group was given general teaching. Before and after the experiment, the subjects were evaluated with the mental health Symptom Checklist 90 (SCL-90). The total score of the scale is the sum of the scores of 90 items, and the critical point of evaluation is 160. When the score is higher than 160, it indicates that the subjects have some psychological problems. Then calculate the total average score of 90 items through the total score, that is, the average score of 90 items in the scale. If the factor score is > 2, it indicates that it is positive. When the positive item is > 43, it indicates that the subject has some psychological problems. The relevant data are in Excel and SPSS20.0 software for calculation and statistics.

**Results:** The positive psychology of the two groups was evaluated, and the results are shown in Table 1. After teaching, the average scores of evaluations and the number of positive items in the experimental group were significantly lower than those in the control group ( $P < 0.05$ ).

**Table 1.** After teaching, the total average score and the number of positive items of the two groups were compared

	Experience group	Control group	<i>P</i>
Total average score	1.29	1.86	<0.05
Number of positive items	19.25	25.34	<0.05

**Conclusions:** Solfeggio and ear training is an independent subject in music teaching. Like other music disciplines, teaching should conform to students' learning psychology of solfeggio and ear training. The positive factors of Solfeggio and ear training learning psychology in students' learning motivation and interest make the author realize that our Solfeggio and ear training teaching can not only pay attention to the negative factors in learning psychology. In particular, we need to study the positive psychological factors such as students' interest and motivation, and try our best to create a good teaching environment and induce students' interest in learning according to these positive factors. Our teaching should be student-centered, gradually adjust and optimize the teaching means according to the learning situation, and carefully design our teaching content and teaching progress. The results showed that after teaching, the average scores of evaluations and the number of positive items in the experimental group were significantly lower than those in the control group ( $P < 0.05$ ). The results show that after solfeggio and ear training based on music theory, the improvement of mental health level is much higher than that of students receiving ordinary teaching.

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## RESEARCH ON THE OPTIMIZATION PATH OF COLLEGE EDUCATION MANAGEMENT SERVICE CONSIDERING AUDIENCE PSYCHOLOGY

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**Background:** As an important place for students to learn knowledge and acquire correct values, colleges