

RESEARCH ON THE INFLUENCE OF NATIONAL MUSIC EDUCATION ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: The standard of mental health refers to that individuals have good psychological adjustment ability and emotional control ability, and can make better psychological response and state to the changes and stimuli of surrounding environmental differences. The specific performance is that they have strong self-awareness ability, peace of mind, stable and positive emotion, strong sense of happiness and purposeful and conscious behavior. Strong self-cognitive ability means that individuals can comprehensively, objectively and clearly evaluate their own advantages and disadvantages, and do not belittle themselves or complain about themselves due to external evaluation or frustration. Emotional stability and high sense of happiness enable individuals to deal with their own and their relationship with the surrounding environment with a positive and optimistic attitude towards life, and maintain a more harmonious interpersonal relationship. At the same time, different individuals show different psychological conditions in different stages, so the degree of mental health is also different. Mental health is easily affected by the differences of subjective and objective environment, cognitive level and external feedback mechanism. The quality of mental health status has a significant relationship with the individual's direct emotional expression, that is, if the individual is in negative emotion for a long time and cannot get timely and effective improvement and intervention, it will affect the mental health status, and the low mental status will aggravate his negative emotion and fall into a vicious cycle, causing great damage to the individual's physical and mental health.

As a high-quality group, college students are future builders and inheritors of human civilization. Their mental health status has an important correlation with their own growth and development and career planning. The renewal speed of science and technology, social competitive pressure, employment situation, economic burden, family factors, interpersonal and emotional factors will make a certain proportion of college students suffer from obvious complex and diverse psychological obstacles and diseases. It has seriously affected their mental health, and correspondingly generated negative emotions such as mental anxiety, depression, fear, resistance and so on, which has a great interference and impact on their study and life. The psychotherapy function of music is widely used in various fields. It is undeniable that music can not only bring spiritual pleasure, but also effectively help individuals correctly express their emotions, release pressure and stimulate their will. With its unique cultural charm and approachable lyrics and tunes, national music can make individuals have strong emotional experience and resonance, realize emotional regulation and cultivate good sentiment. Therefore, with the help of national music education, this study explores its impact mechanism on college students' mental health, in order to improve college students' mental health and reduce negative emotions.

Subjects and methods: By selecting 800 students from a university as the research object, this study first collects the basic information of their mental health status, including their emotional changes, psychological perception level and mental state in the last month, and makes statistics of the preliminary information with the help of mental health self-test scale and mood state scale. Then the research object will be intervened in national music education, that is, to intervene the research object with different forms and types of music education, and assist the relevant contents of psychology to build its improvement model according to the psychological status and problems of the research object. The experimental time was two months and the intervention time was twice a week, including ethnic music appreciation, ethnic music knowledge learning and ethnic music singing and listening training. After the experiment, the mental health status of the subjects before and after the experiment was statistically analyzed with the help of scale tools and statistical analysis tools. The Likert scale score is used to grade the impact degree of the impact score of the scale, that is, it is quantified by giving five integers of 1, 2, 3, 4 and 5 according to no impact, slight impact, general impact, obvious impact and full impact respectively. At the same time, in order to reduce the impact of the scale score on the experimental results due to the lack of data, the experimental data were averaged and presented in the form of mean \pm standard deviation.

Results: Ethnic music education can effectively adjust the individual's psychological status and emotional ups and downs in the form of sensory stimulating listening visual experience and participating in interactive music interaction, so as to make them appreciate and appreciate the emotions related to music works, so as to delight their body and mind, cultivate their sentiment and cultivate healthy psychological quality. Table 1 shows the scores of some mental health scales of the subjects before and after the intervention of national music education.

It can be seen from Table 1 that there is a large gap in the scores of the mental health scale of the research objects before and after the intervention of national music education. The scores of the research

objects in the scale of somatization, compulsion, anxiety and depression decreased by 6 points, 10 points, 18 points and 18 points respectively. The above results show that the mental health status of college students has been significantly improved.

Table 1. The scores of some mental health scales of the subjects before and after the intervention of national music education

Timing	Somatization	Force	Anxious	Depressed
Before experiment	12.76±0.27	18.98±0.65	25.43±0.88	29.77±0.64
After the experiment	6.23±0.22	8.53±0.11	7.14±0.24	11.23±0.42

Conclusions: In order to actively guide and intervene the psychological problems of college students, we first need to change their misunderstanding of psychotherapy, guide them to pay attention to their own values and feelings, and avoid hiding from doctors. And with the help of various forms to reduce their resistance to the sources and influencing factors of psychological problems, and carry out psychological intervention in an acceptable way. National music education can effectively convey the yearning and pursuit of truth, goodness and beauty with the help of music works, encourage individuals to listen to their own internal voice, adjust their own emotional obstacles and psychological problems with emotional experience, and improve their mental health level. Therefore, college teachers should give full play to the psychological intervention mechanism of music anxiety on students and pay attention to the guidance of their overall situation in the future education methods.

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A STUDY ON THE POSITIVE IMPACT OF DISCOURSE ANALYSIS ON STUDENTS' READING IN COLLEGE ENGLISH TEACHING CLASSROOM FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: Discourse analysis from the perspective of psychology holds that reality is a social construction with discourse as the medium, and that people use discourse to construct themselves and others, which has the functions of transmitting information, exchanging ideas, expressing emotions and reflecting social phenomena. Discourse analysis is an analysis of ideas and views from different angles and positions. Discourse refers not only to the language used to achieve the purpose of communication, but also to a kind of social practice and process. In the field of sociology, discourse analysis is regarded as a social symbol of the right relationship between the relaxant and the receiver. It can show different ideologies and is based on different discourse situations and discourse roles. The psychological perspective can explore the individual's psychological status and its relationship with influencing factors from multiple angles and aspects, focusing on the attention to human psychology, and the mechanism and psychological relationship of discourse analysis from different psychological angles have different meanings, which makes the two sides of discourse have different psychological characteristics in communication skills and process. Educational discourse refers to the discourse form used by the discourse subject to express the content or significance of educational problems in the educational community, including static written text and dynamic educational time. It is the result of educational speech in a certain time and space and the theme of educational research. It has important practical value for educational practice and educational theory. Discourse analysis includes two parts: text level and discourse practice. It is to think about the meaning and value reflected and conveyed behind the discourse. The learning of knowledge in contemporary college English teaching classroom mostly depends on the students' main body, and the teaching practice teaching method in the teaching classroom is relatively single and fixed, which makes it difficult for students to invest too much interest and initiative in teaching activities, and then unconsciously produce learning difficulties and negative emotions in the process of difficult reading and learning, which brings great obstacles to the improvement of reading teaching activities and students' professional ability, negative emotions will also have an impact on students' mental health. Therefore, the study of discourse analysis theory in psychology to explore its positive impact on students' reading in college English teaching classroom has important practical value.

Objective: English reading is a comprehensive investigation of students' professional knowledge and