

music teaching. Students' anxiety in vocal music learning is mainly reflected in students' learning and performance. Anxiety in learning is the reflection of students' cognitive deviation. When students cannot have a good understanding of vocal music, students' anxious emotional expression is more intense. In the performance of students, the performance anxiety of students has an obvious impact on the development of students' comprehensive quality. Therefore, how to alleviate students' emotional anxiety in vocal music teaching is of great significance in teaching practice.

Objective: The psychological activities of music students in vocal music singing are relatively complex, which often affects their physiological functions. Stage anxiety is a common phenomenon of vocal performers in singing, which has a great impact on the live performance of vocal performers. It is of great significance to explore students' emotional anxiety in vocal music teaching. At the same time, through the analysis of students' anxiety, this paper puts forward the mitigation strategies of students' emotional anxiety in vocal music teaching.

Study design: 60 students majoring in vocal music in a school are selected as the research object. The self rating anxiety scale is used to evaluate the current situation of students' anxiety, analyze the influencing factors of students' emotional anxiety in vocal music teaching, and formulate the mitigation strategies of students' emotional anxiety in vocal music teaching according to the influencing factors. 60 students were divided into experimental group and control group. The students in the experimental group used mitigation strategies for teaching practice, and the students in the control group used conventional teaching mode for teaching practice. The changes of anxiety of the two groups were compared after teaching.

Results: The changes of anxiety of the two groups of students under different teaching modes are shown in Table 1. The results show that after different vocal music teaching, the students' anxiety has been significantly reduced, while the students in the experimental group have a more significant decline in anxiety scores under the influence of mitigation strategies. The difference of anxiety scores between the two groups after teaching was statistically significant ($P < 0.05$).

Table 1. The difference of anxiety scores between the two groups before and after teaching

Project	Before teaching	After teaching	<i>P</i>
Experience group	64.32±2.03	54.57±1.86	<0.05
Control group	63.92±2.17	42.38±1.77	<0.05
<i>P</i>	>0.05	<0.05	-

Conclusions: College students' emotional anxiety is a key problem to be solved in college teachers' teaching. Solving students' anxiety can improve the quality of college teaching to a certain extent. Taking the students' anxiety in vocal music teaching as the research object, this paper analyzes the anxiety of students in the teaching process, obtains the influencing factors of vocal music students' anxiety through the analysis of influencing factors, and formulates reasonable and appropriate anxiety mitigation strategies. Applying the anxiety relief strategy to vocal music teaching, it is found that students' anxiety score decreases significantly under the influence of anxiety relief strategy, and it is far better than the anxiety relief effect under conventional teaching. Therefore, in college teaching, for art students, we need to optimize the teaching plan to formulate anxiety relief strategies, improve students' learning enthusiasm and promote students' growth.

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RESEARCH ON THE PRACTICAL EFFECT OF COLLABORATIVE EDUCATION OF IDEOLOGICAL AND POLITICAL EDUCATION AND MENTAL HEALTH EDUCATION IN HIGHER VOCATIONAL SCHOOLS

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Background: With the continuous development of economy, people are facing more and more pressure, and the social demand for talents is increasing. For higher vocational college students, they are also faced with pressure from study, life and other aspects. Being under pressure for a long time, students in higher vocational colleges will have some mental health problems more or less, such as learning anxiety. Due to many learning contents and heavy workload, some students can't keep up with the teacher's teaching pace,

can't understand the teacher's lectures in class, fear that the learning gap between them and their classmates is becoming larger and larger, and worry about their poor academic performance, resulting in anxiety. For example, in terms of interpersonal relationship, many students in higher vocational colleges are only children. Many of them are self-centered in the process of interpersonal communication, which is prone to psychological conflict and anxiety. When anxiety is serious, it will affect the study and life of higher vocational students, which is not conducive to their mental health and good development. There are many reasons for Higher vocational students' mental health problems, including personal factors, family factors and environmental factors. Among family factors, students with poor economic conditions at home are often more likely to have inferiority complex than students with good economic conditions at home.

In higher vocational colleges, the essence of Ideological and political education and mental health education are the same. Both kinds of education are to solve people's psychological and behavioral problems. The basis of both kinds of education is the educational model and development model. They both belong to the scope of school moral education. The leader of education is the Party committee, which is closely connected in many aspects, such as function, goal and function. From the perspective of psychological education, many employees are engaged in two kinds of psychological education at the same time. Because these staff members have been engaged in student education and management for a long time, they have a better understanding of the psychological state of students. In Ideological and political education and mental health education, the latter is the background of the former, and the main body of the former is people. Students' mental quality health and the degree of internalization of three concepts will affect the effect of Ideological and political education. In the actual process of Ideological and political education, when teaching ideological and political education, teachers often pay more attention to the teaching of Ideological and political knowledge, do not pay high attention to students' mental health problems, do not carry out timely and effective intervention on students' mental health problems, and do not complete the teaching objectives of Ideological and political education.

Objective: To understand the current situation of Ideological and political education and teaching in higher vocational colleges and students' mental health problems, and analyze the causes of students' mental health problems. On this basis, we should reform the ideological and political education in higher vocational colleges and carry out collaborative education through ideological and political education and mental health education. In the process of education, teachers should deeply understand the mental health status of students, guide students' problems in learning and life through heart-to-heart talk and consultation, follow the relevant laws of students' ideological understanding and mental health development, intervene students' psychological obstacles through mental health education methods, solve students' mental health problems and promote students' good development.

Research objects and methods: The research objects are students in higher vocational colleges. 378 students are randomly selected from 4 higher vocational colleges. The selection criteria are gender, age, major, grade, whether they are the only child and whether they are poor students. Take out the students' psychological problems during the teaching and practice of Ideological and political education, and analyze the students' psychological problems during the two semesters. Through statistical analysis software, this paper studies the changes of students' mental health level in higher vocational colleges before and after teaching reform, and adopts grade 1-5 score. The higher the score, the heavier the degree.

Results: At present, there are some problems in Ideological and political education in higher vocational colleges. In the process of teaching, teachers pay attention to the teaching of knowledge and ignore the importance of students' mental health. Students' learning enthusiasm is not high, and the cramming teaching method makes higher vocational students bored with ideological and political education. Through the synergistic educational effect of Ideological and political education and mental health education, students' mental health problems have been timely and effectively intervened, and students' learning enthusiasm has been greatly improved. Among them, the score of communication difficulties of business English students is 1.58, and the results are shown in Table 1.

Table 1. Scores of mental health problems of higher vocational students of different majors

Major	Communication difficulties	Network dependence	Fuzzy self-consciousness
Business English major	1.58	2.45	1.36
Geographical science	2.31	1.95	1.25
Civil engineering	2.06	2.04	1.48

Conclusions: The continuous development of economy and society, the continuous improvement of people's material living standards, and the diversification of spiritual and material needs. In the fast-paced era, people are facing increasing pressure. Many people have many mental health problems, especially the students of higher vocational colleges have psychological obstacles under many pressures, which is not

conducive to the good development of their physical and mental health. Through the synergistic education of Ideological and political education and mental health education, students become confident and optimistic, and their enthusiasm for learning is greatly improved.

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A STUDY ON THE EFFECT OF APPRECIATION OF LIN HUIYIN'S TRANSLATED WORKS ON COLLEGE STUDENTS' ANXIETY FROM THE PERSPECTIVE OF MULTICULTURALISM

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Background: In the research of mental diseases, anxiety is a typical mental disease. People with anxiety often have a variety of complex emotions, such as anxiety, tension, fear, boredom and so on. The abnormal fluctuation of emotion has an impact on the body and mind. With the severity of anxiety, there will be cold sweat, shortness of breath, hallucination, mental disorder and other symptoms in the physiological performance. Psychological anxiety is a high incidence disease in society at present. It has serious side effects both on people's development and on people's body and mind. Especially with the acceleration of China's social development and the improvement of modern people's life rhythm, affected by various complex social factors, more and more people are suffering from anxiety psychological diseases. At the same time, psychological anxiety diseases are common in the middle-aged and elderly groups from the early stage, gradually younger in recent years, and show a high incidence trend in the student group. The development of modern education pays great attention to the development of students' mental health. Students' mental health index directly affects the development of students' physical and mental health, and has an adverse impact on learning. Therefore, in the current educational reform, we need to grasp the mental health status of students in time, and through the understanding of students' mental health status, reasonably arrange education and optimize the teaching process, so as to realize the role of promoting the development of education.

With the severe social employment situation and heavy learning tasks, more and more students have psychological problems and suffer from psychological symptoms of anxiety. Anxiety psychology has many adverse effects on students' physical and mental health and academic development, which hinders the development of higher education. Therefore, it is necessary to take necessary measures to alleviate students' psychological symptoms of anxiety and help students establish a positive and healthy psychological state, so as to accelerate students' development. From the perspective of multiculturalism, the appreciation of cultural and artistic works plays a positive role in alleviating ordinary people's mental fatigue and mediating psychological pressure. Considering that college students are generally affected by environmental pressure, their spirit is continuously tight and their mood fluctuates greatly, which has many adverse effects on their personal development, so the appreciation of cultural works to alleviate students' mental pressure has a certain impact on students' psychological symptoms of anxiety. Therefore, this paper analyzes the performance and harm of anxiety psychology, and analyzes the reasons why college students suffer from anxiety psychology. In order to solve the problem of students' psychological anxiety, the study proposes to use the appreciation of Lin Huiyin's translated works to alleviate college students' anxiety psychological symptoms, improve students' mental health index, and provide theoretical support for the reform and development of college education.

Objective: This paper discusses the performance and influence of anxiety psychology, and analyzes the causes and influence of contemporary college students' anxiety psychology. Through mastering the anxiety psychology of students, this paper puts forward that the anxiety psychology of contemporary college students can be alleviated through the appreciation of Lin Huiyin's translated works, so as to provide important theoretical support for the reform and development of higher education in China.

Subjects and methods: In the experimental research process, 120 students from three grades and multiple majors in colleges and universities were selected as the research object, using Excel and SPSS20. for data statistics and processing. A six-month appreciation teaching of Lin Huiyin's translated works was