

consumption concept, learn to manage money reasonably, make rational use of disposable income, and reasonably avoid the temptation of “colorful” online publicity.

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RESEARCH ON THE INFLUENCE OF TRADITIONAL MUSIC AESTHETIC VALUES ON COLLEGE STUDENTS’ EMPLOYMENT ANXIETY

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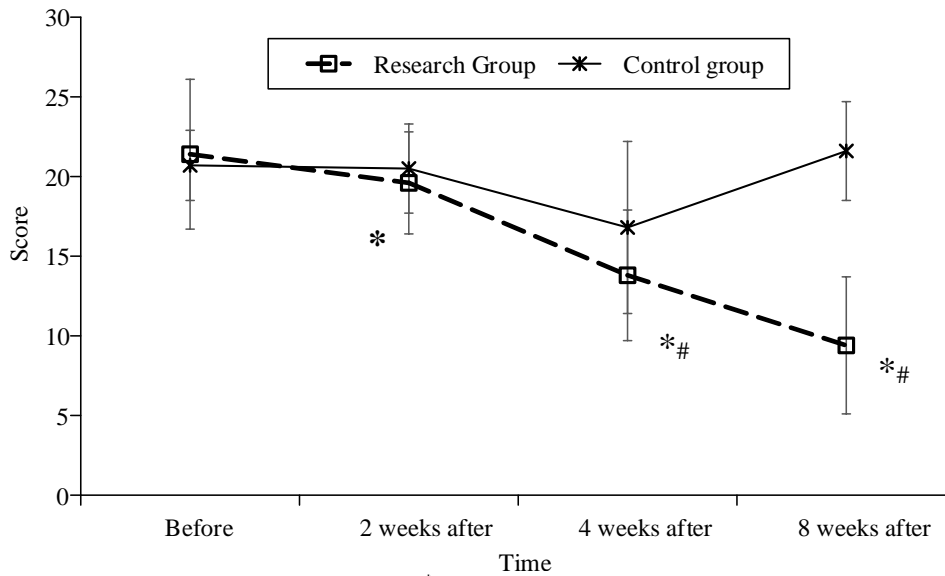
Background: With the expansion of college enrollment and the increase of the number of graduates, the society has higher and higher requirements for the quality of talents, and the employment competition is becoming more and more fierce. The grim employment situation of college students has become an indisputable fact. The employment of college graduates has become the focus of social attention, especially for graduates who are difficult to obtain employment, it has become the focus of the government and colleges. Therefore, our government and universities have issued a series of policies to solve the problem of difficult employment. Due to the influence of various factors, the employment difficulties of college students still cannot be solved. How to effectively solve the employment problems of college graduates still needs the joint efforts of the government, colleges and society. In recent years, employment anxiety has become an important factor affecting the mental health of college students. It is very important to explore practical measures to alleviate the employment anxiety of college students. College students with employment difficulties can generally be understood as those who are in a weak position in psychological, physical, learning, economic and comprehensive quality. Although such college students are willing to get employment, they will not be able to get employment due to various reasons, such as family economic difficulties, incorrect employment concept, high requirements of employers, and physical or psychological problems. In academic research and teaching, although the concept of “Chinese traditional music aesthetics” has long been formed and basically recognized by the academic community, many students do not have a clear understanding of what “Chinese traditional music aesthetics” is. Some confuse it with “Chinese Ancient Music Aesthetics” and some worry that it has an ambiguous relationship with “Chinese traditional music appreciation”. Therefore, students may not know how to study “Chinese traditional music aesthetics” and what kind of discipline it is. For traditional music, more attention is paid to the research on “music form”, regional music and a specific event, while the research from the perspective of aesthetics is relatively weak. There may be many reasons. At present, colleges and universities have not established the discipline consciousness of “Chinese traditional music aesthetics”, and have not realized the significance and value of such a discipline, especially the impact on students’ anxiety psychology.

Objective: Chinese traditional music aesthetics is a theoretical discipline that takes Chinese traditional music as the research object, summarizes its laws and explains its significance. This discipline is not related to general music aesthetics, nor can it replace its own construction with the study of Chinese ancient music aesthetics. As aesthetics, Chinese traditional music is naturally incomplete in the disclosure of laws, and focuses on meaning interpretation as its own academic method. It is based on the study of traditional music forms, makes full use of the theoretical resources of ancient music aesthetics, draws lessons from the theoretical system of western aesthetics, and introduces the dimension of culturology for in-depth interpretation. Aiming at the employment anxiety of college students, this study hopes to improve the psychological anxiety of college students through the traditional music aesthetic values education model.

Subjects and methods: In this study, 400 college students with employment anxiety were randomly divided into experimental group and control group, with 200 students in each group. The experimental group used the traditional music aesthetic values education model for teaching; The control group used routine teaching mode. After the intervention, combined with the current psychological status of college students, Hamilton Anxiety Scale (HAMA) was used to evaluate the anxiety status of students before and after the intervention. HAMA scale can reflect the severity of the disease. A score lower than 6 indicates no anxiety, a score between 7 and 17 indicates possible anxiety, a score between 14 and 21 indicates anxiety, and a score greater than 21 indicates significant anxiety. In the research process, the students’ psychological state was statistically analyzed by SPSS20.0 and Excel.

Results: As shown in Figure 1, the HAMA scores of the experimental group after the 2nd, 4th and 8th

weeks were significantly higher than those before the intervention ($P < 0.05$), and significantly higher than those of the control group ($P < 0.05$).



Note: compared with the group before teaching, * $P < 0.05$, compared with the control group, # $P < 0.05$.
Figure 1. Comparison of HAMA scores of the two groups before and after teaching

Conclusions: As aesthetics, the traditional music aesthetics is naturally incomplete in revealing the law, and focuses on the interpretation of meaning as its own academic method. The results of this study showed that the HAMA scores of the experimental group after the 2nd, 4th and 8th weeks were significantly higher than those before the intervention ($P < 0.05$), and significantly higher than those of the control group ($P < 0.05$). It shows that the traditional music aesthetic values education model can effectively improve college students' employment anxiety, which belongs to a safe and rapid method to improve college students' employment anxiety.

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RESEARCH ON THE INFLUENCE OF TEACHING REFORM OF COMPUTER MAJOR IN COLLEGES AND UNIVERSITIES WITH EDUCATIONAL PSYCHOLOGY ON STUDENTS' EMPLOYMENT ANXIETY

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Background: In recent years, there are more and more college graduates in China. The research points out that from 2021 to 2025, the employment prospect of college students is not optimistic, college students will bear great psychological pressure, and employment anxiety will also become a common psychological phenomenon among contemporary college students. Employment anxiety is a restless emotional experience caused by college students' bad cognition of employment goals, processes and results, and this negative emotional experience is often accompanied by a variety of physiological reactions, such as insomnia, tension, fear, anxiety and so on. Even if the employment anxiety is eliminated after employment, it will still have a certain impact on the physiology and psychology of college students. Although it is normal for college students to have slight anxiety in the process of employment, excessive anxiety will cause psychological disappointment and depression, and even extreme behavior. These reasons have led to the employment pressure and even employment anxiety of college students. In view of the employment anxiety of college students, this study puts forward a teaching reform model of computer major in colleges and universities, which integrates educational psychology, in order to alleviate the employment anxiety of college students. In the current teaching in colleges and universities, teachers still speak in class and students still listed below. Teachers are active while students are passive. Therefore, it is difficult to mobilize students' enthusiasm and initiative in learning. In addition, each class taught to college students has a large teaching