

language exchanges that are different from or in conflict with the national culture, and accept and respect them with an inclusive attitude. At the same time, in the process of cultural exchange, the relevant staff can effectively reduce the generation of anxiety and promote the improvement of their mental health status on the basis of the acceptance of the public.

Table 1. The expert review team scored the psychological intervention effect of the countermeasures proposed in the study to improve people's anxiety

Project	Popularity of communication form	Promotion of video transmission mode	Increase in cultural exchange activities
Feasibility	4.74	5.25	4.16
Operability	7.33	8.69	5.23

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THE EFFECT OF MUSIC TEACHING MODE OF IDEOLOGICAL AND POLITICAL EDUCATION ON IMPROVING STUDENTS' LEARNING MENTAL HEALTH UNDER THE BACKGROUND OF "STRENGTHENING TEACHERS' PLAN"

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Background: The standard of mental health refers to that an individual has a good ability of psychological adjustment and emotional control, and can make a good psychological response and state to the changes and stimuli of the surrounding environment. The specific performance is that he has a strong ability of self cognition, a peaceful mood and a stable and positive mood, a strong sense of happiness, and his behavior is purposeful and self-conscious. Strong self-cognitive ability means that individuals can evaluate their own advantages and disadvantages comprehensively, objectively and clearly, and do not belittle themselves or feel sorry for themselves due to external evaluation or frustration. Emotional stability and high sense of happiness enable individuals to deal with their own life and the relationship with the surrounding environment with a positive and optimistic attitude, and maintain a more harmonious interpersonal relationship. At the same time, different individuals show different psychological conditions at different stages, so their mental health is also different. Mental health is easily affected by subjective and objective environment, cognitive level and external feedback mechanism. The quality of mental health status has a significant relationship with the direct emotional expression of individuals, that is, if individuals are in negative emotions for a long time and cannot get timely and effective improvement and intervention, it will affect their mental health status, and the low mental status will aggravate their negative emotions, fall into a vicious cycle, and cause great damage to their physical and mental health. As a high-quality group, college students are the builders of society and the inheritors of human civilization. Their mental health status has an important correlation with their own growth and development and career planning. The updating speed of science and technology, social competitive pressure, employment situation, economic burden, family factors, interpersonal relations and emotional factors will make a certain proportion of college students suffer from obvious complex and diverse psychological barriers and diseases, which will seriously affect their mental health, and correspondingly generate negative emotions such as mental anxiety, depression, fear and resistance, which will greatly interfere with and affect their study and life. Students are in a critical period of physical and mental development, and their main values are guided by teachers. Therefore, teachers' quality and teaching ability will directly affect and interfere with students' mental health. With the acceleration of China's educational reform process, the improvement of teachers' quality has become an important concern at present. Under the background of "strengthening teachers' plan", it has a more comprehensive understanding of teachers' comprehensive quality and requirements. It is of great significance and value to accelerate the proportion of Ideological and political education in music teaching mode and give full play to its intervention effect on students' mental health.

Subjects and methods: By selecting music majors in a university as the research object, the study first collected basic information about their mental health status, including their emotional changes, psychological perception level and mental state in the recent month, and made statistics of preliminary information with the help of the mental health self-test scale and the mental state scale. Then the subjects were intervened in the music education mode, that is, the form of ideological and political education was added to the teaching mode, that is, the teaching plan was arranged and optimized through video viewing

and ideological and political content learning. The experimental time was three months. 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 classify the impact degree of the impact score of the scale, i.e., no impact, slight impact, general impact, obvious impact and full impact are respectively assigned with five integers of 1, 2, 3, 4 and 5 for quantification.

Results: The music education mode under the integration of ideology and politics can effectively realize the initiative of students' participation in the classroom, guide students' psychological status and emotions in music teaching activities, and pay attention to the affirmation of their own internal value. Table 1 shows the scores of some mental health scales of the subjects before and after the improvement of music education mode.

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 improvement of the music education mode. Among them, the scores of the research objects in the scale of somatization, compulsion, anxiety and depression decreased by 8 points, 13 points, 18 points and 20 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 improvement of music education mode

Timing	Somatization	Force	Anxious	Depressed
Before the experiment	13.26±0.27	21.98±0.65	25.23±0.78	29.77±0.54
After the experiment	5.21±0.22	8.53±0.11	7.04±0.24	9.23±0.32

Conclusions: The plan for strengthening teachers aims to implement the training plan for high-quality teachers, strengthen the accurate training of teachers, effectively improve the comprehensive quality of teachers, and then focus on the improvement of their own teaching level and teaching quality. Adding ideological and political education to the music teaching mode can better grasp the changes of students' psychological status, and timely adjust and optimize the teaching plan according to students' mental health, so as to reduce the generation of their negative emotions and the incorrect evaluation of their own external factors.

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ANALYSIS ON THE INFLUENCE OF THE INNOVATION AND REFORM OF IDEOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON THE DEVELOPMENT OF COLLEGE STUDENTS' MENTAL HEALTH

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Background: With the improvement of China's economic development level and the increasing emphasis on students' quality education and mental health literacy, people begin to focus on mental health. The standard of mental health is 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 the surrounding environment. Different individuals show different psychological status at different stages, and the degree of subjective and objective environment, cognitive level and psychological intervention is also different. College students are in a critical period of physical and mental development. The teaching reform and the transformation of teaching methods will greatly expand the scope of students' cognition, and make students consider themselves in the social collective, which puts forward higher requirements for their adaptability and self-regulation ability. Under the influence of various factors, many college students have mental health problems, showing varying degrees of anxiety, depression and panic. These negative emotions have brought great difficulties to college students, causing some students to have sleep disorders and emotional disorders, and even causing a certain impact on their development of three outlooks. In order to cultivate high-quality talents, colleges and universities should implement intervention measures to timely and effectively intervene students' mental health problems, improve their psychological tolerance, so that they can slowly learn to effectively adjust their emotions, and let them better analyze and solve problems. As a way to guide students' thinking and behavior, ideological education in colleges and universities has not played its guiding role. When teaching related courses, the teaching method does not fit well with the