

thinking mode of college students. College students living in an open environment are influenced by the environment. They are more open to students' way of thinking and have strong curiosity about knowledge. The indoctrination teaching method has a certain blocking effect on the development of students' thinking. In teaching, the students' psychological state is ignored, and the teaching methods are not adjusted in time according to the students' psychological state, which makes the teaching effect poor, and the students' mental health problems have not been effectively intervened. And the professional level of teachers needs to be improved, which cannot meet the needs of participants and college students, making the effect of ideological education unsatisfactory. According to the students' mental health problems, it is necessary to integrate the mental health education into the ideological education in colleges and universities. In teaching, we should intervene the students' mental health problems in order to alleviate the students' mental health problems and promote the development of students' mental health.

Objective: To understand the current situation of ideological education in colleges and universities and students' mental health problems, and to analyze the reasons for students' mental health problems. On this basis, we should integrate mental health education into ideological education in colleges and universities, and put forward reform strategies. In teaching, we should take mental health education as the premise to train talents, so that students can have healthy psychological quality. We should carry out psychological training for students to develop their psychological ability, so that students' creative ability can be cultivated and improved, students' mental health problems can be alleviated, students can gradually learn to control their emotions, their emotions will no longer fluctuate violently as before, and their social adaptability can be cultivated, So that they can quickly adapt to the surrounding environment, improve their self-confidence and overcome their inferiority complex.

Subjects and method: The research objects are college students. 432 students from different majors and grades are randomly selected from a university. They understand the mental health status of these students and the current status of innovation and entrepreneurship education, and analyze the students' views on the current innovation and entrepreneurship education. The students were divided into control group and experimental group, with 216 students in both groups. After the experiment, the control group received general ideological education, and the experimental group received ideological education after the reform. The teaching time was 1 semester, and the relevant experimental data were recorded during the teaching period. Use statistical software to process and analyze relevant data, and study the impact of ideological education in colleges and universities on the development of college students' mental health after the reform. The score is 0-4 grade. The higher the score, the heavier the degree.

Results: By integrating mental health education into ideological education in colleges and universities, college students' mental health problems have been significantly improved, their learning initiative and enthusiasm have been significantly improved, and students have become self-esteem and self-confidence. After the experiment, the anxiety score of the students in the experimental group decreased by 2.34 points to 1.05 points. The results are shown in Table 1.

Table 1. Psychological state scores of the experimental group before and after the experiment

Time	Anxious	Bigotry	Somatization	Fidgety
Before the experiment	3.39	3.04	3.42	3.17
After the experiment	1.05	0.86	1.13	0.81

Conclusions: Due to introverted personality, great learning pressure, fierce employment competition and other factors, many college students have mental health problems, showing anxiety, anxiety, irritability and other negative emotions, which have a great negative impact on students' body and mind. Integrating mental health education into ideological education in colleges and universities can effectively intervene students' psychological activities, significantly improve college students' mental health problems, make students more active in learning, and greatly improve the teaching effect.

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RESEARCH ON THE INFLUENCE OF COLLEGE STUDENTS' INNOVATION AND ENTREPRENEURSHIP ON EMPLOYMENT ANXIETY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Yanjing Liu^{1,2}

¹College of Education, Central China Normal University, Wuhan 430079, China

²*Development Planning Division (Higher Education Research Office), Zhejiang University of Water Resources and Electric Power, Hangzhou 310018, China*

Background: As a branch of psychology, educational psychology belongs to the marginal discipline of pedagogy and psychology. Its research content is the psychological activities and change rules of educators and educates in education and teaching. In educational psychology, education can be divided into school, family and society. For students, school education plays a major role in their education time, and has a great impact on the cultivation of students'. Three Outlooks and the shaping of their personality. By using the knowledge of educational psychology in teaching, we can help teachers better carry out teaching, improve students' learning enthusiasm and initiative, and guide students to establish correct Three Outlooks. In the process of teaching, teachers should pay attention to students' psychological changes, and use the knowledge of educational psychology to intervene students' mental health problems in time, so as to improve students' mental health level, so that students can improve their innovation under the good teaching atmosphere. At present, many college students are anxious about employment and feel uneasy, afraid and nervous about future employment. Some students have some difficulties in employment because their major is an unpopular major, which has few corresponding positions in the society, resulting in employment anxiety. Some students are not good at communicating with others because of their personality. Looking for a job is a process of communicating with the interviewer, which makes these students anxious about the interview, afraid of their poor expression, leaving a bad impression on the interviewer, and thus missing out on employment opportunities. A certain number of students feel at a loss about their future employment and do not know what their employment direction is, but they must face employment problems, which leads to different degrees of employment anxiety.

At present, there are still some problems in college students' innovation and entrepreneurship education. The teaching concept of innovation and entrepreneurship education is relatively backward. In the teaching process, it pays more attention to the professors of professional knowledge, ignores the improvement of students' own quality, and does not timely intervene in students' mental health problems, allowing students' mental health problems to continue to develop, and students' quality cannot be improved. The relationship between teachers and students is not harmonious. Under the influence of exam-oriented education, students are used to passive learning and have no awareness of active thinking. There is less communication and interaction between teachers and students. Just blindly teaching theoretical knowledge will make students feel boring and boring. Students are prone to have a psychological resistance, and even a psychological resistance to innovation and entrepreneurship education. The purpose of innovation and entrepreneurship education is to improve students' innovation and entrepreneurship ability and increase their employment competitiveness. However, the current education has not achieved this teaching goal.

Objective: To understand the current situation of innovation and entrepreneurship education in colleges and universities and the mental health status of students, and to analyze the reasons for students' employment anxiety. On this basis, educational psychology is integrated into innovation and entrepreneurship education in colleges and universities, and reform strategies are put forward. Strengthen the awareness of mental health education, pay attention to students' psychological changes, and formulate educational courses that are in line with their learning according to the actual situation of students, so that the teaching content can adapt to the social development and the law of students' psychological changes, timely solve students' mental health problems, and alleviate students' employment anxiety. By establishing an equal and harmonious relationship between teachers and students, we can promote communication between the two sides, facilitate teachers to master students' psychological state in time, and guide students' employment anxiety in time.

Subjects and methods: The research object is college students. 315 students from different majors and grades are randomly selected from a university. They understand the mental health status of these students and the current status of innovation and entrepreneurship education, and analyze the students' views on the current innovation and entrepreneurship education. Through the innovation and entrepreneurship education reform strategy, these students were taught relevant innovation and entrepreneurship education. The teaching practice was one semester, and the relevant experimental data were recorded during the teaching period. Use statistical software to process and analyze relevant data, and study the impact of innovation and entrepreneurship education after the reform on college students' employment anxiety. The score is 1-5 grades, and 1-5 points respectively mean no, slightly, general, obvious and complete.

Results: In recent years, due to the fierce social competition, the unpopular specialty and the students' personality characteristics, many students have different degrees of employment anxiety. By strengthening the awareness of mental health education, establishing an equal and harmonious relationship between teachers and students and other relevant reform strategies, students' employment anxiety has been timely intervened, their mental health level has been improved, and their innovation and entrepreneurship ability has been improved. After teaching, freshmen 's employment anxiety score is 1.25, and the results are

shown in Table 1.

Table 1. Employment anxiety scores of students in different grades

Grade	Employment insecurity	Employment fear	Employment anxiety
Freshman	1.25	1.12	1.34
Sophomore	1.33	1.24	1.52
Junior	1.57	1.31	1.70

Conclusions: Educational psychology belongs to the marginal discipline of pedagogy and psychology. Its research content is the psychological activities and change rules of educators and educates in education and teaching. At present, many college students are anxious about employment and feel uneasy, afraid and nervous about future employment. However, there are still some problems in college students' innovation and entrepreneurship education. The teaching concept of innovation and entrepreneurship education is relatively backward. In the teaching process, it pays more attention to the professors of professional knowledge, ignores the improvement of students' own quality, and does not intervene in students' mental health problems in time. Therefore, educational psychology should be integrated into innovation and entrepreneurship education in colleges and universities, and reform strategies should be put forward. Strengthen the awareness of mental health education, pay attention to students' psychological changes, timely solve students' mental health problems, and alleviate students' employment anxiety.

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RESEARCH ON THE APPLICATION OF MENTAL HEALTH EDUCATION IN VOCAL PERFORMANCE TEACHING

Zhanfeng Qi

Department of Vocal and Acting Studies, Fryderyk Chopin University of Music, Warsaw 00-368, Poland

Background: Mental health education is an important part of quality education in colleges and universities. In mental health education, students' psychological development laws will be summarized. On this basis, students' psychological quality will be cultivated through psychological education methods to improve students' psychological quality level, promote the overall improvement of students' all-round quality, and then meet the needs of schools and society. Among them, the teaching purpose of mental health education is to stimulate students' intellectual potential, enable students to have a high level of social adaptability, have good personality quality, and enable students to develop good behavior habits under the teaching of mental health education. According to the teaching content, mental health education can be divided into two parts, namely, the maintenance of students' mental health and the correction of students' psychological behavior problems. The former is aimed at all students, and the means of education is routine education and training. The purpose is to improve the basic quality of students, including the cultivation of sound personality, learning psychological guidance and so on. The latter is aimed at a small number of students with psychological and behavioral problems. The educational means is targeted psychological counseling, so that students' psychological problems can be corrected, including learning adaptation problems, emotional problems, behavioral problems and physical and mental diseases. Among the learning adaptation problems, including learning anxiety, test fear, difficulty in concentrating, etc., anxiety, tension, anxiety, etc. are all emotional problems, while neurasthenia and sleep disorders belong to the category of physical and mental diseases.

In the teaching of vocal performance in colleges and universities, many students have some mental health problems. Because some students are introverted, they dare not speak and express themselves in a crowded place, which makes them timid about singing on stage, resulting in stage anxiety. Before the performance, they will show tension, anxiety and other emotions. In the performance, they dare not look down at the stage, and their heart beats faster and trembles, which seriously affects the normal play of students and is not conducive to the study of students' vocal music major. Or because of their poor vocal performance skills, the students are ashamed to perform in front of others, have a certain sense of inferiority, fear to see the expression of others' ridicule, have a fear of stage performance, and have poor psychological quality. Under the influence of these mental health problems, students cannot display their level normally, which makes it difficult for students to concentrate on learning, and memory is also affected. There is a phenomenon of memory error or memory difficulty. Some students will also have some bad