

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

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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

physiological symptoms, such as headache, dizziness, fatigue, sleep disorders and so on. Therefore, it is very necessary to intervene the students' mental health problems in time. It is necessary to carry out mental health education while teaching vocal music performance.

Objective: To understand the current situation of vocal performance teaching and students' mental health, and to analyze the reasons for students' mental health problems. On this basis, the psychological health education is integrated into the vocal performance teaching in colleges and universities, and the reform strategy is put forward. Carry out learning motivation education to enable students to understand the importance of learning vocal music performance course, master students' views on the course, deepen students' understanding of vocal music learning, make students clearer about their learning objectives, so as to make students' learning motivation clearer, let students' learning motivation drive more active learning, change students' negative attitudes, and help alleviate students' mental health problems. Carry out education on students' outlook on life and values, so that students can realize the social and life significance of vocal music learning under the influence of correct three outlooks, so as to improve their learning motivation and improve their ability to regulate their emotions.

Subjects and methods: The research objects are students majoring in vocal music. 104 students are randomly selected from a university. The selection criteria of the research objects are gender, grade, family background and whether they are single children. Understand the mental health status of these students and the current situation of vocal music performance teaching, and analyze the students' views on vocal music performance teaching. These students were divided into two groups, the control group and the experimental group were 52. After the beginning of the experiment, the control group carried out general vocal performance teaching, and the experimental group carried out the reformed vocal performance teaching. The teaching time was 2 semesters, during which the experimental data were recorded. Use statistical software to process and analyze the relevant data, and study the changes of students' mental health level before and after the reform of vocal music performance teaching. Grade 1-5 is adopted. The higher the score, the heavier the degree.

Results: Facing the stage anxiety, learning anxiety and other mental health problems of vocal music majors in colleges and universities, we should intervene the students' mental health problems by integrating mental health education into vocal music performance teaching. After the experiment, the students' mental health level was significantly improved. The stage anxiety score of Freshmen in the experimental group was 1.86. The results are shown in Table 1.

Table 1. Psychological state scores of students in different grades in the experimental group after the experiment

Grade	Stage anxiety	Test anxiety	Learning anxiety
Freshman	1.42	1.75	2.05
Sophomore	1.57	1.64	1.81
Junior	1.64	1.59	1.64

Conclusions: In colleges and universities, because some students are introverted, they dare not speak and express themselves in crowded places, which makes these students timid about singing on stage, resulting in stage anxiety. Or because of their poor vocal performance skills, students are ashamed to perform in front of others and have a certain sense of inferiority. In order to alleviate students' mental health problems, we should integrate mental health education into vocal music performance teaching. Through learning motivation education, we should let students understand the importance of learning vocal music performance course, master students' views on the course, make students' learning motivation clearer, let students learn more actively driven by their learning motivation, change students' negative attitude, and improve students' ability of emotional regulation.

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RESEARCH ON STRATEGIES OF MOBILE SHORT VIDEO TO PROMOTE URBAN CULTURAL COMMUNICATION FROM THE PERSPECTIVE OF COMMUNICATION PSYCHOLOGY

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