

comprehensive progress in professional learning and psychological development. Under the guidance of educational psychology, carrying out music teaching reform in colleges and universities can effectively enhance students' enthusiasm for music learning and promote the improvement of students' learning effect.

Table 1. Changes of students' learning psychological enthusiasm in innovative and traditional classes before and after the experiment

Investigation time		Psychological enthusiasm for learning
Innovation class	Before experiment	1.31
	After experiment	3.75
Traditional class	Before experiment	1.32
	After experiment	1.69

* * * * *

PROBLEMS, PRINCIPLES AND METHODS OF PSYCHOLOGICAL ADJUSTMENT AND ENTREPRENEURSHIP COMPETITION OF COLLEGE STUDENTS

YanJun Wang

Yunnan Medical Health College, Kunming 650000, China

Background: With the increasing demand for innovative talents in society, colleges and universities shoulder more and more important responsibilities and expectations in the innovation of talent training mode. At present, college education has been optimized from various stages, such as improving teaching ideas, strengthening competition guidance, providing development platforms and other external aspects to provide clear methods for cultivating students' innovation and entrepreneurship ability. College students' innovation and entrepreneurship competition is a common method to cultivate college students' innovation ability. It provides technical and channel support for college students' innovation and entrepreneurship through "Internet +" and promotes the cultivation and improvement of college students' innovation and entrepreneurship ability. The development of college students' innovation and entrepreneurship competition provides opportunities for innovation and entrepreneurship education in colleges and universities in China in the form of learning to catch up with others. Through innovation and entrepreneurship practice and competition, stimulate students' interest in innovation and entrepreneurship, comprehensively improve students' thinking level, so as to incubate more innovation and entrepreneurship projects and realize "promoting learning and innovation through competition". The college students' innovation and entrepreneurship competition rely on the "Internet+" mode to explore innovative projects. From project research and development to operation and management, it exercises students' Internet thinking and ability to use the Internet. Based on the competition, students should be guided to make full use of the "Internet +" platform, dare to innovate and be good at innovation, which is conducive to promoting the formation of the "Internet+" new business form, creating a new situation of entrepreneurship and employment with high quality for college graduates, opening up college students' divergent thinking, and achieving thinking innovation.

However, in the process of college students participating in the innovation and entrepreneurship competition, it is inevitable that they will encounter failures and difficulties. Some college students' psychological endurance is not strong, and there is a problem of psychological imbalance in the face of the problems in the entrepreneurship competition. In the process of innovation and entrepreneurship competition, college students may encounter setbacks and obstacles in the process of achieving the competitive objectives of entrepreneurship competition due to lack of experience and other factors. Although some college students can actively correct their mentality after being frustrated in the competition and entrepreneurship, negative bad emotions will still have a negative impact on college students, and some college students are difficult to achieve complete self-regulation. Pessimism and negativity are common psychological characteristics of college students after being frustrated in the competition. Some college students have not fully realized the hardships of the entrepreneurial process and lack a clear understanding of the entrepreneurial dilemma. They are prone to fall into pessimism and cannot quickly adjust their competition mentality. On the other hand, the anxiety about the results of the competition is also a common psychological characteristic of the participating college students. Only by reasonably controlling and adjusting their psychological anxiety can college students achieve good results in

the innovation and entrepreneurship competition. Therefore, the research puts forward psychological adjustment strategies for college students with mental health problems in the innovation and entrepreneurship competition, promotes the psychological self-regulation of college students in the innovation and entrepreneurship competition, helps college students actively do a good job in psychological adjustment in the process of innovation and entrepreneurship competition, and improves their psychological relief ability.

Subjects and methods: The research take 375 participants of the “Internet+” college students’ innovation and entrepreneurship competition in a city in 2021 as the research object. By analyzing the problems and methods existing in previous college students’ innovation and entrepreneurship competitions, it summarizes and analyzes the deficiencies in the current college students’ innovation and entrepreneurship competition, and explores the problems, principles and methods of the college students’ innovation and entrepreneurship competition. Through the analysis of the participants’ psychological characteristics and emotional psychological changes, the study puts forward the negative psychological emotion adjustment strategies of college students in the innovation and entrepreneurship competition, and provides guidance and help for the psychological adjustment of college students.

Results: The statistical analysis results of negative psychological emotions of college students participating in the college students’ innovation and entrepreneurship competition are shown in Table 1.

Table 1. Statistical analysis of negative psychological emotions of college students participating in the innovation and entrepreneurship competition

Psychological emotion	Degree evaluation
Pessimism	3.75±0.64
Anxious	3.63±0.28
Depressed	3.51±0.34
Inferiority	3.06±0.77

Conclusions: The holding of the innovation and entrepreneurship competition will comprehensively integrate the school resources and industry resources, introduce more and more professionals into the university campus, provide professional guidance and detailed theoretical knowledge for college students’ entrepreneurial behavior, enable college students to continuously improve their understanding of innovation and entrepreneurship in the competition, further improve their thinking level, and realize the overall improvement of their ability. It will bring help to the overall improvement of college students’ entrepreneurial ability. The optimization and adjustment of the innovation and entrepreneurship competition can effectively help explore the new mode of talent training in colleges and universities, develop the thinking of talent training in colleges and universities, build a talent training system, promote the reform of teaching mode in colleges and universities, improve the new methods of college students’ education and teaching in the new era, and better serve the cultivation of college students’ innovative spirit, entrepreneurial awareness and practical ability.

* * * * *

PRACTICAL EXPLORATION OF ANCIENT POETRY RHYTHM ART IN TEACHING CHINESE AS A FOREIGN LANGUAGE

H Liu^{1,2}

¹Jinan University, Guangzhou 510610, China

²The University of Sheffield, Sheffield S10 2TE, UK

Background: At present, the teaching system of vocabulary and grammar in teaching Chinese as a foreign language has been perfected, but the teaching of pronunciation and intonation is still facing great difficulties. Most of the learners of Chinese language are still “foreign tune”, which makes the expression and understanding of daily life and work more difficult. The ancient poetry has beautiful rhythm, strong rhythm, and changing tone, which not only shows the unique beauty of Chinese, but also reflects the thinking mode and cultural imprint of Chinese people. Ancient poetry has a high demand for rhythm, and rhythm is reflected in the conflict and harmony of grammar, image and artistic conception. These elements make ancient poetry a rare high-quality language material in Chinese phonetic learning.

Subjects and methods: Based on the study of ancient Chinese poetry classics and rhythm, this paper