

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<sup>1,2</sup>

<sup>1</sup>Jinan University, Guangzhou 510610, China

<sup>2</sup>The 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

analyzes the significance of rhythm for language learning, and analyzes its application path in teaching Chinese as a foreign language combining with its characteristics.

**Results:** The rhyme beauty of poetry makes readers have the desire to read. In reading, readers can understand the beauty, touch the beauty, and feel the background and the story behind the words, so as to get a happy and incisive reading experience. Beauty can cultivate people's sentiment, improve their aesthetic ability while improving their listening, speaking, reading and writing skills.

**Conclusions:** The establishment of the teaching environment of ancient poetry has played a function of teaching and cultural communication. Students will gradually understand the connotation of Chinese, appreciate the beauty of rhythm in Chinese, further appreciate the charm of Chinese, and generate interest in Chinese learning. The expansion of the group of talents engaged in intercultural communication will greatly promote the development of Chinese as a foreign language, promote their understanding of Chinese culture, increase the use rate and influence of Chinese, and ultimately bring China closer to the world.

\* \* \* \* \*

## RESEARCH ON THE INFLUENCE OF MUSIC TEACHING OPTIMIZATION ON COLLEGE STUDENTS' PSYCHOLOGICAL AESTHETIC EDUCATION QUALITY

Yu Yu

*Guangdong University of Science and Technology, Dongguan 523083, China*

**Background:** For a long time, colleges and universities have attached great importance to the course of cultural theory, but often neglected music education. With the reform and development of China's education, people's ideology is constantly improving. Colleges and universities have made some progress in strengthening the practice of aesthetic education. Music education is the objective need of the development of contemporary education. Music education plays a role in cultivating students' artistic sentiment and helping students combine work and rest in the teaching work of colleges and universities. Teachers' music education can help students relax their nerves in the tense study of theoretical courses. This can also play a positive role in the study of students' theory courses, and avoid students' learning weariness and resistance due to long-term study of theoretical and cultural knowledge. Music education in colleges and universities is essentially a kind of emotional exchange. Teachers help students develop their intelligence in aesthetic experience, inspire students to constantly explore beautiful things in learning and life in music education, help students turn the theoretical knowledge they have learned into practical application in music courses, and improve their creativity and imagination. And the music course can also relax the spirit and promote the development of students' personality. Music education in colleges and universities can tap students' potential and promote their physical and mental health. Teachers should take students as the main body in music courses, stimulate students' interest in learning, mobilize students' initiative in learning, enable students to achieve personality development in relaxed music courses, alleviate students' mental health problems, and improve students' psychological quality of aesthetic education. For example, after entering colleges and universities, some students are withdrawn and not good at showing themselves, and music courses can effectively solve this problem.

However, at present, there are many problems in music teaching in colleges and universities in China. The content of music teaching materials in colleges and universities in China is relatively single, mainly some classical music or pop music in the west, and the selection of music with Chinese national characteristics is less, which is not conducive to carrying forward the excellent traditional culture of China, and the music of some countries in Africa or the Americas has not been reflected in the teaching materials, which runs counter to the concept of cultural diversity development in the world today, students also have no access to the excellent music culture of other parts of the world. On the other hand, teachers still use the traditional teaching methods in music education, and the teaching objectives are not clear. Some teachers can't deeply analyze the works when explaining, and students are mainly listening in class. Some teachers use professional teaching methods, and students have some difficulties in accepting or understanding them, so they cannot do it step by step. The rigidity of the teaching content and the unreasonable and unscientific teaching design lead to the students' brain still blank after learning. These traditional music education models have not matched with the current college education model, and teachers' professional quality cannot meet the requirements of curriculum reform for teachers. Therefore, the research analyzes the path and direction of college music teaching reform, and discusses the impact of college music teaching reform on students' psychological aesthetic education quality.

**Objective:** Music education in colleges and universities is an important form of aesthetic education.