

fundamentally different. According to the research on the elderly consumer groups, the development of forest health care industry is favored by the elderly consumer groups. The experimental results show that in the four-month health project experience, the forest health project is more popular with consumers, and consumers' psychological indicators are better. The research content plays a positive role in promoting the development of China's health industry.

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## RESEARCH ON THE APPLICATION OF TRADITIONAL MUSIC EDUCATION IN COLLEGE STUDENTS' PSYCHOLOGICAL ADJUSTMENT

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**Background:** In the study and life of colleges and universities, students will have a variety of negative emotions, such as exam anxiety, learning avoidance, depression and so on. There are many reasons for college students' negative emotions, mainly including excessive learning pressure, high expectations of students and their families, employment pressure and so on. Among them, excessive learning pressure means that in colleges and universities, great changes have taken place in the way of learning. Some students' academic performance has declined and is not ideal because they cannot adapt to the changes in teaching mode and learning method, which has led to students' learning anxiety, examination anxiety and other psychological pressures. Secondly, students and their families have high expectations of students: some students and their families have high expectations of students and hope that students can achieve better results in the learning process of colleges and universities. When students' performance cannot satisfy themselves and their families, students will have panic, self-reproach and other psychology, which will cause students' psychological anxiety. Finally, the pressure of employment: college students are about to step into the society and face employment. Most college students have not been exposed to social life. They are confused and afraid about their future life. They worry that they cannot choose a better job, which leads to employment anxiety.

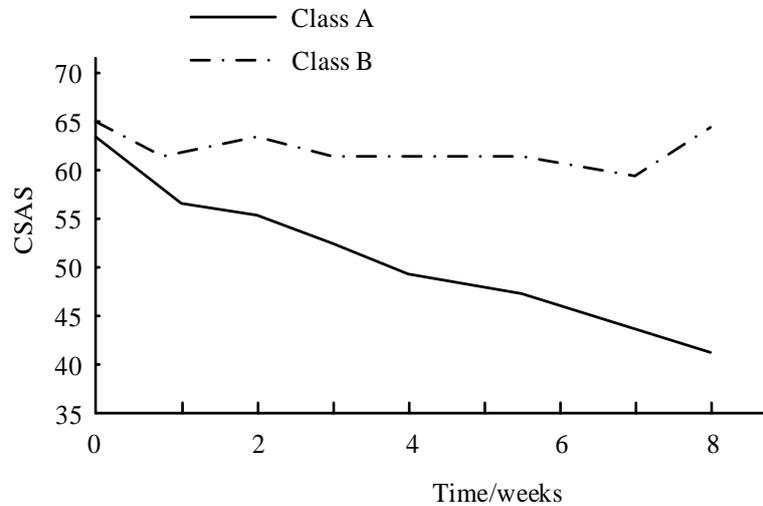
In the process of the continuous promotion and development of quality education, the status of music education in colleges and universities has been paid more and more attention. College music education can play the effect of music therapy, so as to alleviate students' negative emotions and play the role of psychological adjustment. Music therapy is a comprehensive applied psychotherapy method integrating music, medicine and psychology. Its principle is: through the changes of sound, rhythm and melody to adjust the audience's emotions, it also has a certain adjustment effect on people's physiological functions, so as to alleviate students' negative emotions and play a role in psychological adjustment. Traditional music is a very important part of our national music and plays an important role in music education in colleges and universities. This paper discusses the application effect of traditional music education in college students' psychological adjustment, and designs experiments to verify it, hoping to find an efficient, economic and practical way for college students' psychological adjustment, and make a certain contribution to the healthy growth of students' body and mind.

**Objective:** In the study and life of colleges and universities, students will have a variety of negative emotions, such as exam anxiety, learning avoidance, depression and so on. This paper discusses the application effect of traditional music education in college students' psychological adjustment, and designs experiments to verify it, hoping to find an efficient, economic and practical way for college students' psychological adjustment, and make a certain contribution to the healthy growth of students' body and mind.

**Subjects and methods:** Experimental research was conducted in a university in C City. Through voluntary registration, 82 students were selected for this experiment. The selected students are divided into two classes, class A and class B. For college students in class A, traditional music education in colleges and universities is added to the curriculum system, with two class hours per week. For college students in class B, there is no traditional music education in the curriculum system. After the same teaching period, the students' psychological stress and anxiety were tested.

**Results:** The College life Self-rating Anxiety Scale (CSAs) for college students was compiled by combining the symptom checklist and the anxiety self-assessment scale to evaluate the psychological anxiety of

students in two classes before and after teaching. The results showed that before the experiment, there was no significant difference in CSAs scores between class a students and class B students. After the experiment, the CSAs score of students in class A was significantly lower than that of students in class B. The change of CSAs scores of students in two classes is shown in Figure 1.



**Figure 1.** Changes in CSAs scores of students in two classes

**Conclusions:** In the study and life of colleges and universities, students will have a variety of negative emotions, such as exam anxiety, learning avoidance, depression and so on. College music education can play the effect of music therapy, so as to alleviate students' negative emotions and play the role of psychological adjustment. Traditional music is a very important part of our national music and plays an important role in music education in colleges and universities. This paper discusses the application effect of traditional music education in college students' psychological adjustment, and uses the College life Self-rating Anxiety Scale (CSAs) compiled by combining the symptom self-assessment scale and the anxiety self-assessment scale to evaluate the students' psychological anxiety in the two classes before and after teaching. The results showed that before the experiment, there was no significant difference in CSAs scores between class a students and class B students. After the experiment, the CSAs score of students in class A was significantly lower than that of students in class B. The above results prove that traditional music education in colleges and universities can significantly alleviate students' negative emotions, adjust students' psychology, and promote students' physical and mental health development.

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## ANALYSIS ON THE APPLICATION EFFECT OF PSYCHOLOGY IN THE REFORM OF HIGHER EDUCATION MANAGEMENT SYSTEM

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**Background:** In colleges and universities, great changes have taken place in the way of learning. Some students' academic performance has declined and is not ideal because they cannot adapt to the changes of teaching mode and learning method. This has led to students' learning anxiety, examination anxiety and other psychological pressures. The psychological pressure of colleges and universities comes from many aspects. First of all, in colleges and universities, the environment in which students live, including the learning environment and living environment, has undergone tremendous changes. When students do not adapt to this change and show rejection psychology, they will have lonely and irritable emotions in their hearts, which will lead to psychological diseases such as anxiety and depression. Secondly, most college students' study in colleges and universities far away from their hometown. Students' eating habits, language habits and daily living habits are out of tune with the local, which makes them anxious. Finally, when they first step into colleges and universities, students do not know anyone. Some introverted students