

(SCL-90) was used to investigate the anxiety of the two groups of college students before and after teaching. SCL-90 has a total of 90 self-assessment items, and the test factors include somatization, obsessive-compulsive symptoms, depression, anxiety, psychoticism, etc. through the 5-level scoring method, the higher the score of 0-4, the lower the level of mental health, 0 for asymptomatic, 1 for mild symptoms, and 2 for moderate symptoms. 3 points for severe symptoms. Extremely serious: 4 points.

Results: After teaching, the SCL-90 indexes of the experimental group were significantly lower than those of the control group, and the difference was statistically significant ($P < 0.001$). See Figure 1.

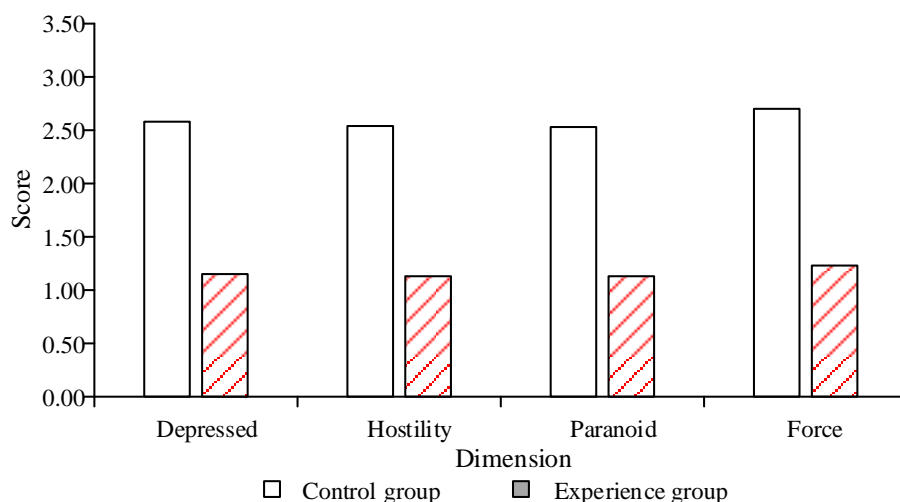


Figure 1. Comparison of SCL-90 self-test scores between the two groups after teaching

Conclusions: Emotional educational psychology is a very important method in the teaching of ideological and political education in colleges and universities, which is very effective in strengthening students' political and ideological learning. Using the psychology of emotional education, improve the teaching methods of ideological and political education in colleges and universities, promote the construction of good teacher-student relationship, enhance the students' initiative and enthusiasm in learning ideological and political education, achieve the goal of ideological and political education in colleges and universities, and promote the sustainable development of ideological and political education in colleges and universities. The results showed that after teaching, the SCL-90 indexes of the experimental group were significantly lower than those of the control group, and the difference was statistically significant ($P < 0.001$), indicating that educational psychology combined with ideological and political education can effectively alleviate the anxiety, depression and other bad emotions of college students.

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ANALYSIS ON THE INFLUENCE OF COLLEGE FOOTBALL TRAINING ON THE CULTIVATION OF COLLEGE STUDENTS' PERSONALITY AND PSYCHOLOGICAL QUALITY

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Background: With the continuous development of the football cause in China, the football cause in colleges and universities shows a vigorous development trend. Within the scope of colleges and universities, football is widely sought after, and there are a large number of college students who love and participate in football. Therefore, it is very important to effectively complete the football training in colleges and universities, which is conducive to the transportation of more high-quality football talents for China's football cause, so as to promote the sustainable development of China's football cause. In the current process of college football training, we mainly focus on the physical and technical training of college students, while ignoring the shaping of their personality and the cultivation of their psychological quality, which makes it difficult for college football training to obtain satisfactory training results. As a

comprehensive sports training, college football training includes different aspects of training items, including physical fitness, technology, psychology, tactics and other elements. Qualified football training must implement all links in the training plan to achieve a comprehensive effect. College students' psychological quality plays an important role in the process of football training and plays a decisive role in their training results. The level of college students' psychological quality determines their ability to resist pressure and the comprehensiveness of looking at problems. If the level of psychological quality of college students is low, they are prone to produce certain negative psychological emotions, and then suffer from different types of mental disorders, including but not limited to obsessive-compulsive disorder, autism, emergency disorder, schizophrenia, anxiety disorder, etc. At the same time, effective college football training can not only cultivate and enhance the physical function of college students, but also improve their psychological quality. In the process of high-intensity, continuous and cooperative football training, college students' team spirit and fighting spirit can be strengthened, and finally achieve the goal of sound personality.

Objective: There are various potential drawbacks in the current college football training mode and process, which will not only have a certain negative impact on the football training effect of college students, but also form a great obstacle to the improvement of their personality and the cultivation of their psychological quality. This research will focus on the mechanism of college football training and its impact on college students' personality psychology, aiming to achieve the effective cultivation of college students' personality and psychological quality through reasonable and effective football training measures.

Subjects and methods: In a university, 72 college students were randomly selected as the research objects. C4.5 decision tree algorithm is used to analyze the evaluation scores in the process of college football training, and then the test students are grouped to obtain the number of college students with different psychological quality levels. The self-designed evaluation scale of college students' personality and psychological quality level will be used for evaluation and analysis. The scale is based on the 5-level evaluation standard of 0-4 levels, in which 0 means very low, 1 means low, 2 means average, 3 means high and 4 means very high. Taking college football training as an experimental intervention means, 72 college students were intervened. At different time nodes before and after the sports intervention, the self-designed scale was used to evaluate and deal with, in which t0 was set before the sports intervention. The evaluation frequency is once a month, so the time after exercise intervention is set as T1, T2, T3 and T4 after 1 month, 2 months, 3 months and 4 months respectively.

Results: Before the implementation of sports intervention, the evaluation results of the personality and psychological quality level of the tested college students were poor. More than half of the college students' self-designed scale evaluation results were 0 or 1, indicating that their personality and psychological quality level was in a very low or low state. With the continuous football intervention, the evaluation results of the tested college students' personality and psychological quality level gradually turn to be excellent. The number of college students whose evaluation results are extremely low and low continues to decrease, and their proportion continues to decrease. The result of evaluation is that the general number of college students is always in a small fluctuation state, which is a normal phenomenon. The evaluation results of the level of personality and psychological quality show that the number of high and extremely high college students shows a trend of continuous growth, which verifies the positive effect of college football training on the cultivation of college students' personality and psychological quality.

Table 1. Evaluation results of college students' personality and psychological quality level at different time nodes before and after sports intervention

Time	Evaluation results of self-set meter [n (%)]				
	0	1	2	3	4
T0	9(12.50)	31(43.06)	24(33.33)	6(8.33)	2(2.78)
T1	7(9.72)	27(37.50)	25(34.72)	9(12.50)	4(5.56)
T2	6(8.33)	20(27.78)	33(45.83)	9(12.50)	4(5.56)
T3	3(4.17)	14(19.44)	37(51.39)	13(18.06)	5(6.94)
T4	1(1.39)	8(11.11)	28(38.89)	22(30.56)	13(18.06)

Conclusions: As the world's largest sport, football is widely sought after all over the world, and is deeply loved by college students. At present, football training in colleges and universities is mainly used to enhance the physical function and quality of college students. Through the research of football training intervention, on the basis of enhancing the physical quality of college students, the effective cultivation of their personality and psychological quality has been realized. The results showed that after a 4-month football training intervention, the self-designed scale evaluation results of the tested college students were

significantly improved, and the number and proportion of college students with evaluation results of 3 and 4 were significantly increased, which showed that college football training had a significant positive impact on the cultivation of college students' personality and psychological quality.

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A STUDY ON THE IMPROVEMENT OF COLLEGE STUDENTS' ANXIETY BY THE OPTIMIZATION OF ETHNIC MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: Anxiety disorder is a kind of neurosis, which is mainly manifested in the anxiety of patients. There are two types of clinical manifestations of anxiety disorder, namely, acute anxiety and chronic anxiety, dyspnea, dry mouth, dizziness, chest tightness, palpitation, sweating, frequent urination, urgency of urination, tremor and exercise-induced restlessness. For patients with anxiety disorder, the actual situation is inconsistent with their tension, and there is no real threat to make them anxious. Some studies have found that anxiety patients often panic without cause or fixed purpose. These abnormalities are psychological manifestations. Physiologically, the patient is highly alert and the degree is serious. The heart of patients with anxiety disorder is controlled by the autonomic nervous system, which is prone to disorder, which directly affects the heart function, and then there will be symptoms such as tachycardia, increased blood pressure, chest tightness, chest pain and so on. However, the evidence of organic heart disease has not been found through comprehensive examination. Because the autonomic nerve function of patients with anxiety disorder has lost its balanced and stable function of regulating the heart, that is, the function of sympathetic nerve and parasympathetic nerve has been disturbed, so the symptoms described above will appear. Among various psychotherapy methods, one is called music therapy. Music contains great influence. People's mental state can be changed by it, and people's ideological understanding can also be changed by it, which can effectively improve people's psychological and physical health. National music is not only the treasure of the Chinese nation, but also the essence of traditional culture. As the pioneer of national music education and communication, colleges and universities have trained many excellent musicians and educators and made contributions to the development of national music. The optimization of ethnic music education in colleges and universities is to meet the requirements of the new era for senior normal talents, and innovation is to radiate the infinite charm of ethnic music. Therefore, music education in colleges and universities must fundamentally change the concept, give up the wrong idea of keeping up with the professional music colleges and universities, reverse the current learning situation of music education students from the aspects of curriculum setting, teaching content, teaching methods and means, art practice and so on, and on the basis of strengthening the students' mental health education, in vocal music, instrumental music Strengthen the content of national music culture in music theory and other courses, and try to instill Chinese traditional music culture into students in combination with mental health education as much as possible.

Objective: The reform of national music in higher education needs to start from the aspects of educational idea, educational method, educational purpose and students' psychology, so as to enrich teaching methods, expand teaching thinking and realize the development and innovation of national music in higher education. This study starts from the optimization and reform of ethnic music education in colleges and universities, and discusses its effect on Improving college students' anxiety.

Subjects and methods: In order to improve the psychological quality of college students and improve their anxiety symptoms, 100 college students in a certain university were selected as the research objects. The students were randomly divided into experimental group and control group, 50 people in each group, and their psychological characteristics were tested. The experimental group was given the optimized reform plan of ethnic music education in colleges and universities, and the control group received routine education. After teaching, the self-designed anxiety scale was used to evaluate the improvement of students' anxiety. Among them, the significant effect was the significant improvement of anxiety symptoms. Effective for the improvement of anxiety symptoms. The failure was that the anxiety symptoms did not improve or did not improve. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: The total effective rate of anxiety relief in the experimental group was significantly higher than that in the control group, and the difference was statistically significant ($P < 0.05$), indicating that the