

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

Songqing Ma^{1,2}

¹*Guangxi College of Education, Nanning 530023, China*

²*Nanning Normal University, Nanning 530001, China*

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

teaching scheme based on the optimization and reform of college folk music education can effectively improve the anxiety symptoms of college students, which has higher effect and application value than conventional teaching. As shown in Figure 1.

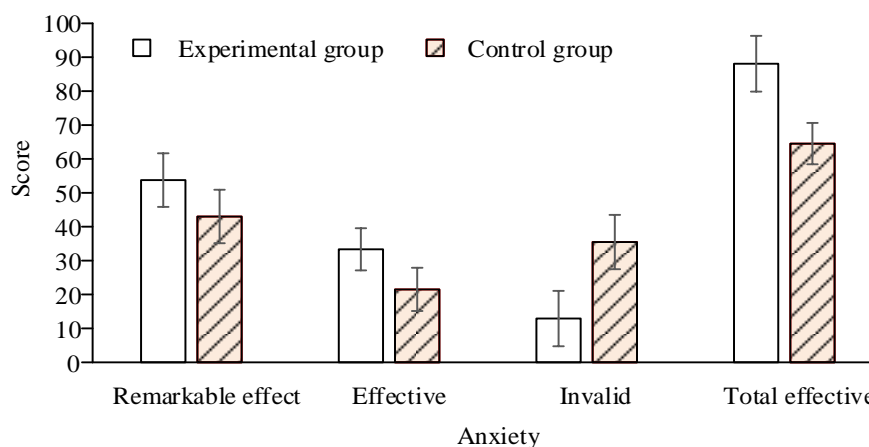


Figure 1. To compare the effect of two groups in improving anxiety after teaching

Conclusions: Teaching according to the book is not a good way to learn folk music, and mechanical repetition is not a magic weapon of creation and thinking. Only by organically combining national music education with mental health education can we better create and spread national music and show its gorgeous appearance and subtle connotation. Every national music educator should teach beauty and love to every student and take it as our duty-bound responsibility. The results of this study show that the total effective rate of anxiety relief in the experimental group is significantly higher than that in the control group ($P < 0.05$), indicating that the teaching scheme based on the optimization and reform of college folk music education can effectively improve the anxiety symptoms of college students, and has higher effect and application value compared with conventional teaching.

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THE APPLICATION OF NEW MEDIA TECHNOLOGY IN THE WORK OF IDEOLOGICAL AND INTERPRETATION OF ROMANTICISM IN ENGLISH LITERATURE UNDER THE BACKGROUND OF POSTMODERNISM

YY Tian^{1*} & LJ Feng^{1,2}

¹Shangluo University, Shangluo 726000, China

²University of Aberdeen, Aberdeen AB24 3FX, UK

Background: Postmodernism, originates from modernism but rebels against modernism. It is a criticism and deconstruction of the modernization process. The interpretation of Shakespeare's "King Lear" from the perspective of postmodernism is helpful to further understand the tragic color of his works, and deep interpret the cognition of power and kinship in drama works, as well as interpret the romantic writing style revealed in the complex character relationships.

Subjects and methods: From the perspective of postmodernism, this paper explores the romanticism in English literature through multiple analysis of the value orientation of "King Lear" in English literature, which rises to a broader philosophical category, and explores its more profound value of modern culture.

Results: For Shakespeare's literary work "King Lear", the work expands its tragic nature by describing the love and hate entanglement between different characters, which makes it integrate the romantic color while displaying the character defects, and maximizes the contradiction and conflict between the realistic society and the idealism in "King Lear".

Conclusions: Looking at the four tragic works created by Shakespeare, King Lear is undoubtedly one of the most difficult to understand and difficult to analyze. It is also a power relationship based on blood. It is devoted to discussing the conflicts between power and kinship, exploring the nihilism of existence and death on this basis, revealing the romantic color of sadness, and emphasizing the cultural values shared by modern people.