

Conclusions: From the perspective of educational psychology, we should skillfully combine the ideological and political teaching in colleges and universities with the mental health education of college students, so that the two interact and jointly promote the formation of college students' correct outlook on life, values and world outlook. The results show that the ideological and political teaching in colleges and universities can have a significant positive impact on the mental health education of college students, significantly improve the mental health level of college students, and help them achieve comprehensive development.

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RESEARCH ON THE EFFECT OF MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES ON IMPROVING STUDENTS' PSYCHOLOGICAL AESTHETIC EDUCATION QUALITY

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Background: At present, the social competition is fierce and the employment pressure is increasing. This requires our college graduates to have high ideological quality and good psychological quality while fully mastering rich professional knowledge. As a base for personnel training, colleges and universities are also facing new tasks and challenges. In recent years, various problems caused by college students' mental health have become increasingly prominent. Due to employment pressure, high tuition fees, emotional frustration and other reasons, some students have some psychological barriers to varying degrees, and students' injuries and self-injuries frequently occur. These problems not only seriously affect students' learning and physical and mental development, but also directly affect the stability of family and society. Music has not only educational and aesthetic functions, but also emotional functions. Music education plays a very important role in promoting the all-round development of students' comprehensive quality and promoting the construction of socialist spiritual civilization. Music education in colleges and universities in China is basically carried out in two ways: elective courses and community activities. The coverage is very small and does not play its due role. As one of the important contents and ways to cultivate the comprehensive quality of college students, music education has attracted enough attention in general higher vocational colleges in recent years. A series of measures have been taken and good results have been achieved. At present, higher vocational colleges in China have set up music education courses, which has laid a solid foundation for the development of higher vocational music education in China. However, what we cannot ignore is that, due to the late start and development of music education in colleges and universities in China, the setting of music education courses is not reasonable, and the teaching methods are not advanced enough. Even some music education courses in higher vocational colleges are mere formality, let alone play the due role of music education in improving the comprehensive quality of college students. Due to the increasing employment pressure and the complexity of social factors, college students are overwhelmed by the heavy pressure from all aspects. In this case, how to change the weak status of music education, promote the all-round development of students' comprehensive quality through music education, especially improve students' mental health level, and promote the construction of socialist spiritual civilization will inevitably become the main trend of music education research in the future.

Objective: Based on the theory of mental health and treatment, this paper discusses the effect of music education in colleges and universities on improving students' mental health by using the methods of literature analysis and questionnaire survey. College students are in the late youth of physical and mental development, also known as the early adulthood, which is a transitional period from childishness to maturity and from youth to adults. Facing a series of major life issues, such as the transformation of social economy, the change of learning and living environment, the complexity of interpersonal relations, and the competition between study and employment, college students are bearing the strong expectations of society and parents. Various psychological activities are very active, but their self-regulation ability is not perfect, which often leads to college students' emotional instability, psychological contradictions and psychological conflicts. This study uses music aesthetic appreciation means, designs specific operation schemes, verifies the dry top results through experiments, enriches the means of psychological health education for people and students in theory and practice, and explores new perspectives and approaches for psychological health education in colleges and universities. It has strong theoretical and practical value, and enriches the relevant theories of music education functions, it also plays a certain reference role in improving the mental health level of higher vocational students.

Subjects and methods: Taking 400 college students in a certain university as the research object, aged between 17 and 22, with an average age of 20.4 years, the students were divided into experimental group and control group. The experimental group was given college music combined with mental health education mode, and the control group was given routine mental health education mode. The self-designed anxiety rating scale was used to evaluate all the students. There were 7 items in the scale, 0-3 points for each item, and the total score was 21 points. The final score is 15-21 points for severe anxiety, 11-14 points for moderate anxiety, 8-10 points for mild anxiety, and 0-7 points for no anxiety symptoms. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: Two factor repeated variance was used to analyze the anxiety and depression of college students. There was significant difference in the overall anxiety score between the two groups ($P < 0.05$). After teaching, the scores of the two groups decreased significantly ($P < 0.05$), and there was a significant interaction between the intervention and time ($P < 0.05$). As shown in Table 1.

Table 1. The anxiety scores of the two groups were analyzed

Overall effect		F	P
Anxiety scale	Intervention effect	3.274	0.056
	Time effect	21.127	0.006
	Interaction effect	3.249	0.025

Conclusions: Whether it is music education and teaching itself or music related art practice, as long as there is correct guidance, it is an important way to cultivate college students' mental health level. In the mental health education of college students, we should actively start from the essence of music education, make use of the particularity of music education, give full play to the aesthetic function, educational function, emotional experience function and social communication function of music education, enable college students to participate in music aesthetic experience and music scene experience through music performance and music appreciation activities, and cooperate with mental health education psychological counseling and psychotherapy jointly promote the mental health level of college students.

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A STUDY ON THE STRATEGY OF ELIMINATING THE STAFF'S NERVOUS PSYCHOLOGY IN THE PERSONNEL MANAGEMENT OF COLLEGES AND UNIVERSITIES

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Background: College personnel management is the basic work in the development of colleges and universities, and in the development of colleges and universities, personnel management is also an important guarantee for the long-term development of colleges and universities. The personnel management of colleges and universities is the file management and affairs management of college staff and students. In the file management of colleges and universities, the personnel management staff need to manage the files more strictly. The files of teachers and students are the foundation of their future development. In affairs management, personnel management staff need to deal with all kinds of affairs in colleges and universities carefully to ensure the orderliness of students and teachers in their study and life. Personnel management in colleges and universities is a very important work, so it requires employees to maintain high working mood for a long time in personnel management, and the depressed working state will cause personnel management employees to make irreparable mistakes in their work. In personnel management, the most common depression of employees is nervous psychology. The generation of nervous psychology not only affects the normal working state of employees, but also causes the life pressure of employees to a certain extent. Therefore, it is of great significance to alleviate the nervous psychology of employees in personnel management.

Nervousness is a kind of common psychological negative emotion. Serious nervousness will lead to the individual's resistance to external things and events, and eventually make the individual unable to complete the assigned tasks normally. However, some psychological studies have proposed that the slight tension of