

Table 1. Statistical results of street interviews

Classification	Breakdown items	Number	Impact rating
Performance of domestic players watching major international sports events	Win medals	£1	4.68±0.24
	Break the world record	£2	5.52±0.17
	Good sportsmanship	£3	4.36±0.22
Pay attention to events involving national image	Scientific and technological progress	£4	4.95±0.37
	Military power display	£5	5.28±0.29
	Positive social events	£6	3.61±0.18

Conclusions: With the rapid development of China’s comprehensive national strength and science and technology, people pay more and more attention to the performance of domestic players in large-scale international sports events and events involving the national image. This research carried out a street interview to understand 120 representative adult citizens’ concern about the performance of domestic players in large-scale international sports events and the impact of events involving national image on their own psychological well-being. The interview results show that the interviewees believe that the following results occur when the domestic athletes watching large-scale international sports events win medals, break world records, have good sportsmanship, and pay attention to events involving the national image. The events belong to scientific and technological progress, military strength display, and positive social events, which will have a significant impact on their psychological well-being. Using the social psychology method, it is found that watching this kind of event that will be concerned by a large number of individuals at home and abroad will greatly improve their national pride and patriotism, thus improving their psychological well-being.

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THE EMBODIMENT OF INTERTEXTUALITY IN ANCIENT CHINESE LITERATURE

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Background: Intertextuality is a creative concept proposed by Kristeva in 1969, that is, in the process of writing or reading a text, the author or reader will refer to other texts to better express or understand the meaning of the text. Intertextuality has been reflected in ancient Chinese literature for a long time.

Subjects and methods: This paper takes “A Dream of Red Mansions” as an example to explore the role of intertextuality research in promoting the understanding of textual plots, and to further explore the value of intertextuality in ancient literature.

Results: The embodiment of intertextuality in “a dream of red mansions.” “A Dream of Red Mansions” is one of the four classic masterpieces in China, which has a high value of literary appreciation. There is an endless interpretation space hidden behind the text. Readers can see the shadow of the previous literary works and the whole background of the times from the images, language, characters or plot settings.

Conclusions: The study of the intertextuality of “A Dream of Red Mansions” can help readers to interpret “A Dream of Red Mansions” from a more diverse perspective and a deeper level.

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ANALYSIS OF THE INFLUENCE OF VOCAL MUSIC AND CHORUS CONDUCTING TEACHING INNOVATION ON STUDENTS’ EMOTIONAL DISORDER

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Background: Vocal music and chorus conducting is the most important content in the current music

teaching activities, which mainly involves the singing psychology, attention, emotion and imagination. Vocal music singing activities are for singers to express their emotions with the help of vocal music singing forms and convey the spiritual concepts contained in music works to the audience. The chorus command post requires a high comprehensive quality, which requires that it has the ability to cooperate and organize. The quality of its command effect will have the most direct emotional resonance and emotional value to the audience. Music can effectively play its role in regulating individuals' emotions and reduce their negative emotions. Singers first need to have a set of scientific vocal methods, mobilize and deploy their body organs to achieve the harmony and unity of vocal music and body, so as to have the professional ability to complete an excellent singing performance. In today's higher education, music majors are more likely to have non objective evaluation and negative emotions due to the conflict between themselves and external value standards. This negative emotion is more difficult to be effectively adjusted by their own ability, so it is easy to have emotional barriers. Emotional disorder, also known as mood disorder, is a mental disorder with significant and lasting emotional changes as the main clinical characteristics, mainly manifested as high or low mood. Individual psychological tolerance, cognitive level, age structure and other factors can cause emotional disorders, and the symptoms are usually accompanied by corresponding changes in cognition, behavior, psychophysiology and so on. Somatic symptoms are also very common. Emotional disorder has the characteristics of rapid evolution of symptoms, rich forms, paroxysmal and cyclic. The annual prevalence of bipolar disorder in the affected group is about 0.5% - 0.1%, which is easy to cause high-risk suicide rate. In order to further improve students' emotional barriers, the research takes vocal music and chorus command as the carrier of expression, and realizes the innovation of the curriculum to strengthen the positive role of students' mental health and emotional guidance.

Subjects and methods: This study collected basic data on the students' mental health status, emotional regulation ability and their classroom performance in the teaching of vocal music and chorus. Then it improves the teaching problems existing in the original vocal music and chorus command teaching class, and makes full use of the relevant contents of singing psychology and educational psychology to improve the teaching class, so that the design and arrangement of teaching content can better meet the students' learning psychology and emotional adjustment mechanism, that is, by strengthening the cultivation of students' psychological quality. Psychological quality training includes singing will training, emotion regulation training, intrinsic value perception training and positive psychological suggestion, so that teachers can effectively help students actively regulate their own emotional feedback. Emotional disorders include positive emotional disorders, negative emotional disorders, or bipolar affective disorders. Data on the types and etiology of emotional disorders of the subjects were sorted out, and the diversified development of the teaching classroom was promoted. The teaching experiment was conducted for 6 weeks. After the experiment, the data of the emotional disorder relief of the subjects were counted with the help of the emotion scale and the mental health scale, and the difference analysis of the experimental results was realized with the statistical analysis tool, so as to obtain the experimental results.

Results: In the teaching of vocal music and chorus, the teaching reform with the help of psychological content and singing psychological quality training can effectively play the leading role of vocal music courses in students' values and internal emotions, help them actively regulate their emotions, reduce the symptoms of emotional disorders, and promote their mental health. Table 1 shows the score statistics of the improvement of students' emotional disorders by the teaching innovation of vocal music and chorus conducting during the experiment.

It can be seen from Table 1 that the scores of the students who adopted the innovative vocal music and chorus conducting class in the three dimensions of self-cognitive assessment, emotion regulation ability and value judgment ability were significantly higher than those before the experiment, and the data had significant statistical differences ($P < 0.05$).

Table 1. During the experiment, the score statistics of the improvement of students' emotional disorder by the teaching innovation of vocal music and chorus conductor

Evaluation index	Before improvement	After improvement	<i>t</i>	<i>P</i>
Self-perception assessment	7.01±1.22	18.04±1.31	-0.502	0.005
Emotion regulation ability	8.25±1.74	22.12±2.15	-1.674	0.024
Value judgment ability	6.34±2.25	15.24±2.17	0.595	0.002

Conclusions: Singing psychology can reveal the internal artistic law of singing and occurrence according to the object's psychological reflection, will, imagination, emotion and emotion, memory and ability, provide the vocal music teachers with psychological theoretical basis, and help them reduce negative emotions and negative psychology. The innovation of vocal music and chorus conducting teaching can effectively intervene students' psychological adjustment on the basis of grasping students' psychological

characteristics and teaching rules. In the future vocal music education, teachers should make full use of multiple technical means and teaching methods to realize the correct guidance of students' emotional value, help them reduce emotional barriers and improve their mental health.

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RESEARCH ON THE INFLUENCE OF EDUCATIONAL REFORM BASED ON THE INFLUENCING FACTORS OF COLLEGE STUDENTS' MENTAL HEALTH ON THE DEVELOPMENT OF COLLEGE STUDENTS' POSITIVE PSYCHOLOGY

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Background: With the development of China's education and the deepening of the state's attention to students' quality education, the proportion of mental health education courses in colleges and universities has increased. Under the guidance of educational psychology theory, mental health education is based on the law of students' physical and mental development, through setting up mental health education courses or combining psychological education with other courses to achieve the intervention effect on students' mental health. The establishment and combination of mental health courses can effectively take into account the students' learning needs and psychological laws. There are many factors that affect students' individual mental health, including age structure, cognitive level, psychological endurance, educational environment and teaching activities. Good mental health can effectively guide students' positive psychology, help them face difficulties and setbacks in life and learning with a positive attitude, and improve their psychological quality and pressure resistance. Individual differences and the variability of psychological characteristics make the emotional characteristics of individuals different when they suffer from external stimulation and interference, so the positive psychology is slightly different. Positive psychology can be guided and cultivated through the intervention of acquired environmental conditions and external stimulation, so as to realize the exercise of individual psychological quality. At present, the educational courses in colleges and universities cover the content of mental health education better or the integration depth is not obvious enough, so it is difficult to play a positive role in the mental health quality of college students. Mental health education in colleges and universities is not only the main position for popularizing mental health knowledge, but also an important part of ideological and political education in colleges and universities. Giving full play to the guiding role of colleges and universities on students' psychological value can effectively help them establish positive psychology and reduce the generation of negative emotions and psychological problems.

Subjects and methods: First of all, collect information about the mental health status of students in a university and investigate and analyze the factors that affect their mental health. Then, select the students with negative emotions and mental health problems as the research objects. In the process of the experiment, we use statistical methods to extract the education influencing factors that affect the mental health of college students, and reform the teaching content to better meet the psychological needs of students, and design an education and teaching model that can reform the positive psychology of students. The research objects were randomly divided into two groups: the teaching improvement group and the teaching routine group. Both groups carried out teaching experiments at the same time and taught by the same teachers. The difference is that the teaching improvement group also includes mental health education for students, such as mental health lectures, opening psychological counseling windows and providing free psychological counseling services for students, increasing psychological courses and distributing educational books or learning materials related to mental health, etc. The experiment lasted for three weeks. During the experiment, the mental health status and positive psychology of middle school students were collected with the help of the mental health self-test questionnaire and the emotion scale, and the data were imported into the statistical analysis tool SPSS software to realize the data processing and differential analysis.

Results: SPSS software was used for data statistics and analysis, and *t*-test was performed on counting data and measurement data. $P < 0.05$ indicates that the difference is statistically significant. The mental health scores of the two groups of students are shown in Table 1.

The scores of depressions, anxiety, inferiority complex, interpersonal sensitivity and obsessive-compulsive symptoms of the students in the teaching improvement group were significantly lower than those of the students in the teaching routine group. The symptoms of the two groups were statistically significant ($P < 0.05$). The above results show that mental health education can improve students'