

of group 1 grassroots team employees continued to decline. There was no significant change in SAS scores of group 2 grassroots team employees. The SAS score changes of the two groups of grass-roots team employees are shown in Table 1.

Table 1. SAS score changes of two groups of grassroots team employees

Time/weeks	SAS score	
	Group 1	Group 2
0	65.4	66.2
1	61.7	65.9
2	50.3	67.2
3	42.5	63.4
4	41.7	65.8

Conclusions: In the general grass-roots team management mode, due to the rigid system, backward management concept, lack of work enthusiasm and other reasons, the performance of grass-roots team employees is often poor, which will produce greater psychological pressure. Based on the core concept of “people-oriented”, the research has constructed an excellent performance management mode to realize the mental health construction of grass-roots team employees, so as to stimulate the work enthusiasm of grass-roots team employees, improve work efficiency and relieve the psychological pressure of employees. The results showed that during the experiment, the SAS scores of group 1 grassroots team employees continued to decline. There was no significant change in SAS scores of group 2 grassroots team employees. The above results show that adhering to the core concept of people-oriented and building an excellent performance management model can effectively relieve the psychological pressure of employees and improve management efficiency.

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THE INFLUENCE OF CHINESE NATIONAL OPERA ON THE DEVELOPMENT OF CONTEMPORARY CHINESE VOCAL MUSIC UNDER MUSIC ANTHROPOLOGY

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Background: Chinese national opera has a long history. The traditional national art, represented by the singing art in traditional opera, has diversified forms of expression, and art forms such as regional folk songs and local minor are developed on this basis.

Subjects and methods: Taking Beijing opera Farewell to My Concubine and national vocal opera Jiang Jie as an example, this paper mainly analyzes the inheritance and reference of Chinese national vocal music to Chinese opera under the influence of Chinese national opera elements.

Results: Modern Chinese national vocal music reflects high national aesthetic consciousness in terms of performance and artistic connotation, and it has been sung by generations. National vocal opera Jiang jie, in vocal music performance of artistic expression, stresses the embodiment of seven aspects of technical points including sound, emotion, words, taste, expression, culture and images. This coincides with the singing, reading, acting skills and fighting advocated by the representative of the Beijing opera Farewell to My Concubine in Chinese national opera, and it shows that Chinese national opera has a profound influence on the development of contemporary Chinese vocal music.

Conclusions: The traditional Chinese opera Farewell to My Concubine and the national vocal music Jiang Jie are inextricably linked in terms of musical characteristics. Its rich tune characteristics have become an inexhaustible source of folk song creation. They all fully reflect the real-life experience of working people in the process of production and the ideal and vision of a better life. The musical characteristics between the two also have a very wide range of similarities and differences, which has a far-reaching guiding role in the development of contemporary vocal music diversification.

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RESEARCH ON THE POSITIVE INFLUENCE OF TRANSLATION AND DISSEMINATION OF RED CULTURE RESOURCES ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: Higher education is the main way to cultivate high-quality talents for the country, society and the market, so it has been widely valued. The mental health of college students is not optimistic. According to relevant research reports, in recent years, there have been more and more psychological problems among college students, and the prevalence of psychological diseases has increased significantly. Now, it has become a major problem in college teaching management. There are many reasons for college students' psychological problems, the most important of which are academic anxiety, social anxiety and employment anxiety. In colleges and universities, academic performance is the most important indicator. Schools, parents and students themselves are most concerned about students' academic performance, while ignoring students' mental health education. Under the pressure of all aspects, once the students' academic performance fluctuates, and the test results are not ideal, it will lead to great psychological pressure on students. Some of the students' learning ability is insufficient and their academic performance is poor for a long time. They will have inferiority complex and fear of the exam, and then have exam anxiety. In addition to academic pressure, in colleges and universities, there are also great differences in the way students socialize with each other compared with that in high school. Some students with weak social skills are unable to deal with the relationship between their classmates, resulting in estrangement and friction between students, which is easy to produce social anxiety and exclude communication and collective activities with others. Finally, college students are facing the situation of choosing jobs and employment. Some students have not made adequate psychological preparation, had a fear of social life, and worried that they cannot find a suitable job, or the work content and salary cannot meet their expectations, resulting in employment anxiety. Excessive anxiety will affect the mental health construction of college students, cause various mental diseases, and affect the physical and mental health development of students. Ideological and political education in colleges and universities can help students establish correct values, so as to realize the construction of college students' mental health, improve students' psychological quality, enable students to face all kinds of setbacks and difficulties with a positive and optimistic attitude, and avoid falling into anxiety. Red culture is an important part of Chinese traditional culture, which contains rich revolutionary spirit and profound historical and cultural connotation. The research will integrate the red culture resources into the ideological and political education in colleges and universities, give play to the moral guidance and cognitive optimization function of red culture, so as to better cultivate the positive psychological quality of college students, improve the mental health level of college students, and avoid the anxiety of college students.

Objective: In recent years, there are more and more psychological problems among college students, and the prevalence of psychological diseases has increased significantly. Now, it has become the main problem in college teaching management. The research will integrate the red culture resources into the ideological and political education in colleges and universities, give play to the moral guidance and cognitive optimization function of red culture, so as to better cultivate the positive psychological quality of college students, improve the mental health level of college students, and avoid the anxiety of college students.

Subjects and methods: In the form of voluntary enrollment, 74 students were selected for experimental research. The 74 students were divided into two classes, class 1 and class 2. For the students in class 1, the ideological and political education in colleges and universities combined with red resources is used for teaching. For class 2, the traditional ideological and political education in colleges and universities is used for teaching. The Comprehensive Anxiety Scale for College students (CASC) was used to investigate the anxiety of students in two classes after teaching. CASC includes three dimensions, namely academic anxiety, social anxiety and employment anxiety. The scores of each dimension are 0-30, with a total score of 90. The higher the score, the more serious the students' anxiety.

Results: The Comprehensive Anxiety Scale for College students (CASC) was used to investigate the anxiety of students in two classes after teaching. During a teaching period, students' anxiety changes were investigated once a week. After the teaching, it can be seen from the survey results that the anxiety level of students in class 1 is significantly lower than that in class 2. The anxiety of the two classes is shown in Table 1.

Conclusions: The mental health of college students is not optimistic. According to relevant research reports, in recent years, there have been more and more psychological problems among college students, and the prevalence of psychological diseases has increased significantly. Now, it has become a major problem in college teaching management. There are many reasons for college students' psychological