

other data under different teaching reform modes are collected and sorted out. And with the help of teaching simulation test and practice to test the influence mechanism of the reformed pharmacy teaching model on the research object. The experiment lasted for three months. After the experiment, data processing tools were used to collect and sort out the experimental data.

Results: After introducing the perspective of educational psychology to improve the pharmacy teaching classroom, the results show that the teaching model can effectively meet the learning needs of students, and under the guidance of the principle of workflow, the teaching content is more in line with the requirements of the job, which greatly enhances the students' enthusiasm to participate in the classroom and confidence in employment and career planning, and improves the students' mental health level and psychological quality to a certain extent. Figure 1 shows the improvement of students' negative emotions before and after the teaching reform of pharmacy.

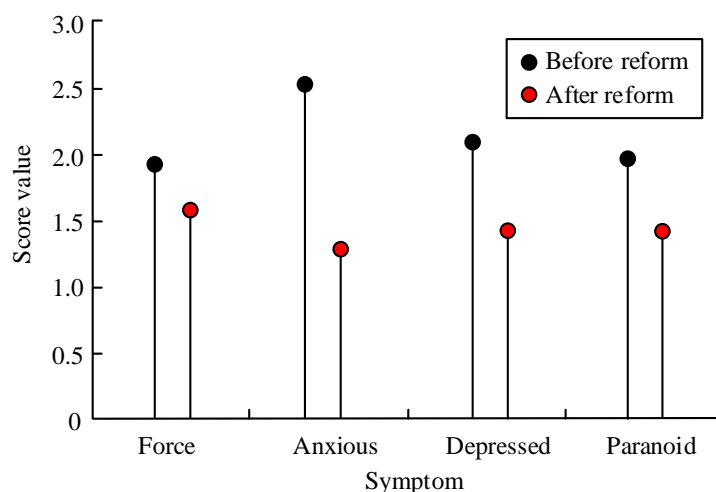


Figure 1. Improvement of students' negative emotions before and after the teaching reform of pharmacy

The results in Figure 1 show that after the teaching reform of pharmacy, the scores of the subjects on compulsion, anxiety, depression and psychosis have decreased, and the maximum score has decreased by 1.3 points. The students' mental health has been greatly improved.

Conclusions: Educational psychology can provide a theoretical basis for educational reform, be committed to serving the real education, make the teaching practice content more targeted and diverse, and achieve the improvement of students' professional ability and comprehensive quality on the basis of grasping the teaching objectives and teaching laws. The teaching reform of pharmacy based on workflow is a teaching practice made under the conditions of meeting the professional development goals and students' employment planning, which can improve the process of talent training on the basis of ensuring the teaching quality.

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RESEARCH ON THE INFLUENCE OF COLLEGE SPORTS CULTURE ON THE IMPROVEMENT OF COLLEGE STUDENTS' INTERPERSONAL RELATIONSHIP AND PSYCHOLOGICAL QUALITY

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Background: College students are a kind of people with high cultural level, the most active thinking and vitality in society. However, due to the social and historical development, college students in adolescence have some psychological problems. The main psychological problems of college students are interpersonal disorder, depression, anxiety, compulsion, mental symptoms and so on. Under the great pressure of employment, love, leaving and staying, college students are prone to anxiety, depression and other negative emotions; Poor college students tend to have inferiority complex and interpersonal barriers due to economic and spiritual pressure. A large number of data and reality have proved that college students have been in a psychological vulnerable social group. The interpersonal communication ability of college students refers to

the ability to transfer information, exchange ideas, express emotions and understand needs to achieve psychological communication between college students and others through language symbols. In the university campus, students' life, studies, activities, emotions and teachers' education all need good communication of thoughts, behaviors and emotions. Mastering the characteristics and functions of interpersonal communication and the basic principles of successful communication, constantly improving their communication skills, and skillfully using communication skills to communicate with different students and groups can promote the socialization development of college students themselves.

Physical education can not only enhance students' physical quality, but also promote their social communication and enhance their interpersonal relationship. Physical exercise helps to improve college students' interpersonal relationships and overcome social barriers. In physical education teaching, we should give full play to its special role, enhance college students' interpersonal skills and promote their healthy development. Sports activities can stimulate college students' self-confidence and passion, vent their academic pressure and dissatisfaction with the society, and keep their psychological balance; Sports activities themselves are also a way to vent bad emotions, which can adjust the emotions of college students and enable them to gain a higher sense of self-confidence and security. As sports is a competitive sport, it can promote students' initiative, stimulate students' learning motivation, improve learning efficiency and form a healthy personality. Every sport has its own competition rules, which require fair competition, so that every player can get the same chance to win. college students' active participation in sports is conducive to cultivating their own good sense of competition. In addition, college sports activities can expand the communication circle of students and make students change from unfamiliar to good friends, such as playing football, basketball, badminton and so on. If the ability shown on the court is recognized by teammates, opponents and the audience, it will not only enhance their self-confidence and self-esteem, but also enable them to obtain spiritual satisfaction and happiness. College Physical Education with its unique characteristics makes the relationship between college students closer, which is conducive to the cultivation and development of college students' social ability.

Subjects and methods: 320 students from a university were randomly selected as the research objects. During the three-month physical education course, sports activities were held three times a month, and the interpersonal communication ability of students was measured by the self-test scale of interpersonal communication ability compiled by Ma Jianqing. The higher the score of the scale, the lower the interpersonal communication ability. At the same time, the Self-assessment Anxiety Scale (SAS) was used to analyze the anxiety status of college students every month. The higher the score of SAS, the more obvious the anxiety of college students and the more serious the anxiety symptoms. The experimental results are shown in Table 1.

Results: It can be seen from table 1 that with the increase of the duration of the experiment, the scores of college students' interpersonal communication ability and self-assessment anxiety scale are declining, and the monthly score gap is gradually expanding. The scores of the third month are significantly lower than those of the second month. This shows that the holding of sports culture can not only improve college students' interpersonal communication ability, improve their psychological anxiety, but also hold sports cultural activities for a long time, it can steadily enhance the interpersonal relationship and psychological quality of college students, and then improve the comprehensive quality of college students.

Table 1. The influence of sports on the scores of college students' interpersonal relationship and psychological quality

Test duration	One month	Two months	Three months
Interpersonal communication scale	112	106	87
SAS scale	8	6	2

Conclusions: Sports activities can effectively promote college students' interpersonal communication, enhance their communication, create opportunities for college students' understanding, and lay a solid foundation for their friendship. While strengthening the physical quality of students, college physical education teachers should pay attention to the cultivation of their interpersonal communication and interpersonal coordination, strive to improve the psychological quality of college students in the holding of sports activities, and train and transport high-quality comprehensive talents for the society.

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REFERENCE AND INNOVATION OF NATIONAL VOCAL MUSIC TO OPERA ELEMENTS UNDER THE VIEW OF EMOTION EXPRESSION

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Background: Both national vocal music and traditional opera are the crystallization of Chinese traditional culture. Emotional expression is the most essential pursuit of vocal music, opera and other musical expression forms. The application of opera elements in the national vocal music work Hometown in Beijing brings more possibilities in the process of emotional expression and expression.

Subjects and methods: The application of opera elements in the national vocal music work hometown in Beijing.

Results: In the vocal music work hometown in Beijing, the bright and melodious opera singing, the melodic opera rhythm, and the clear and distinct way of articulation make the song rise and fall in a proper degree, the sense of rhythm is stronger, and at the same time, it has the bright characteristics of national vocal music and wild characteristics of traditional opera, making it more artistic charm.

Conclusions: In the process of emotional expression and skill application of national vocal music, it is a process to realize double innovation of two artistic elements with the same cultural background, namely, national vocal music and traditional opera.

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RESEARCH ON THE INFLUENCE OF SOLFEGGIO TRAINING ON STUDENTS' MUSIC AESTHETIC PSYCHOLOGY FROM THE PERSPECTIVE OF AESTHETIC EDUCATION

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Background: Aesthetic ability is a kind of ability formed in the long-term process of feeling, identifying and creating beauty. Music is a kind of good aesthetic practice, which enables the audience to feel its connotation, form and philosophy from its structure, theme and style while appreciating it, so as to promote people to take its essence and remove the dross when appreciating music, and finally achieve the purpose of improving their personal aesthetic ability. Appreciating beauty occupies a large proportion in aesthetic activities. All aesthetic activities are based on the intuition of the form of beauty. Sweet music can not only bring students sensory pleasure, but also let students get spiritual pleasure. In the process of enjoying music, their emotions are nurtured by beauty and their hearts are satisfied, so as to achieve the purpose of cultivating sentiment and sublimating personality. Rhythm and melody have the power to penetrate into the soul. If we use the correct educational methods, we can not only purify the soul, but also give full play to the value of life and the charm of human nature. Through the appreciation of music, students' emotional experience can be enriched and enriched, their emotions can be sublimated, their hearts can be purified, and then their personality can develop harmoniously.

Aesthetic education, also known as aesthetic education, is to cultivate students' ability to recognize, experience, feel, appreciate and create beauty, so as to achieve the ideal of beauty, the sentiment of beauty, the character of beauty and the accomplishment of beauty. This is an indispensable aspect of quality education and an important part of the construction of spiritual civilization. Solfeggio is an important part of music curriculum. Its development is characterized by strict logic, foundation and skills. However, its long-term teaching is boring and cannot stimulate students' learning enthusiasm, nor improve their aesthetic awareness and imagination. Infiltrating aesthetic education in solfeggio and ear training teaching can make students feel and enjoy beauty, and then have certain aesthetic ability. Music teaching method is an important means and method of aesthetic education. Compared with ordinary courses, music teaching should pay more attention to the use of flexible teaching methods. Specifically, in solfeggio teaching, teachers should pay attention to cultivating students' active participation and creating an aesthetic teaching atmosphere, and make it a normal in classroom teaching, so as to create good conditions