

emotional changes and psychological characteristics in the process. The experimental results show that the infiltration and integration of Ideological and political education and vocal music teaching can effectively achieve positive intervention on students' mental health and help them reduce negative emotions. Table 1 shows the statistics of psychological anxiety scores of the subjects under different vocal music teaching methods during the experiment.

**Table 1.** Statistics of psychological anxiety scores of subjects in different vocal music courses during the experiment

Curriculum	Original vocal music teaching mode	The teaching mode of Ideological and political education combined with vocal music
Before experiment	5.77±2.39	5.82±2.04
After experiment	4.26±1.74	1.22±1.56
<i>t</i>	-2.146	1.829
<i>P</i>	0.063	0.001

The results in Table 1 show that before the experimental intervention, there is little difference in the psychological anxiety scores of the experimental subjects. However, after the experimental intervention, the improvement effect of students' psychological status under the vocal music course learning is worse than that under the integrated vocal music teaching mode ( $P < 0.05$ ). The fusion model can effectively reduce the psychological anxiety of the subjects and improve the students' mental health to a certain extent.

**Conclusions:** Ideological and political education aims to guide students' values. Through combing ancient and modern history and paying attention to and evaluating social hot events, it can help students better understand individual values and emotional needs and the relationship between them and the surrounding environment. Integrating Ideological and political education into vocal music education can effectively meet students' psychological needs and improve their mental health.

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## TREATMENT AND INFLUENCE OF MODERN PAINTING ART COLOR EXPRESSION ON PATIENTS WITH ANXIETY DISORDERS

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**Background:** With the development of society and the improvement of people's quality of life, a large number of social people have anxiety. With the increase of social pressure and economic pressure, a large number of anxiety patients gradually deteriorate and have serious anxiety symptoms. In clinical manifestations, patients with anxiety disorder often have obvious emotional out of control, and then become anxious. Patients with serious anxiety disorder will be difficult to receive normal treatment, and eventually have mental disorders. From the perspective of psychology, anxiety disorder is a kind of psychological disorder. Its influencing factors include external factors and internal factors. External factors are the unbalanced psychology caused by environmental differences, and internal factors are the damage of psychological defense caused by psychological endurance. In the research of psychologists, the treatment of anxiety patients generally adopts the psychological induction scheme. Psychological induction treatment refers to inducing the psychological and emotional change of patients through the transformation of external things, including the use of eco-tourism environment to create a better psychological state of patients, and the cultivation of healthy psychology of patients through ideological and political education, so as to conduct psychological counseling. At the same time, with the development of the new era, psychologists have found that art design can significantly affect the negative emotions of anxiety patients, among which the effect of painting art is more significant. Therefore, the study will analyze the impact of the performance of modern painting art color on anxiety patients, and put forward the treatment methods for anxiety patients.

Modern painting art is an important part of art education, and it is also an important link in the current artistic expression. The thoughts reflected in the expression of modern painting art are extremely rich. Generally speaking, in the expression of modern painting art, the thoughts displayed in the color expression

are extremely rich. In addition, some studies have found that the external expression of modern painting art color is not only an aesthetic rendering of vision, but also can affect the internal psychological needs of the audience. The reason is that the color expression of modern painting art can reflect the individual psychological reality, and affect the audience psychology through the subconsciousness, thoughts and emotions in the psychological reality. Therefore, most studies began to apply modern painting art to the treatment of patients with mental disorders, aiming to induce the subconscious performance of patients with mental disorders through color performance, so as to alleviate the patients' emotions and achieve the effect of psychotherapy. For patients with anxiety disorder, a large number of studies have proposed the use of modern painting art color expression to achieve disease treatment, but there are few studies on the specific effects reflected in the treatment. Therefore, the research has deeply classified the treatment effects of modern painting art color expression on patients with anxiety disorder, and analyzed its treatment impact mechanism, in order to provide reference for the treatment of patients with anxiety disorder.

**Objective:** To explore the development status of color expression of modern painting art, analyze the clinical manifestations of anxiety patients, and explore the therapeutic effect of color expression of modern painting art on anxiety patients.

**Subjects and methods:** Taking 300 patients with anxiety disorder as the research object, the anxiety status of all patients with anxiety disorder was counted by SAS, and the influencing factors of anxiety symptoms were analyzed. Apply the color expression of modern painting art to the treatment of patients with anxiety disorder, analyze the changes of patients' anxiety scores in the treatment process, and evaluate the aesthetic psychological changes of patients in the treatment process.

**Results:** Table 1 shows the changes of anxiety scores and aesthetic psychological scores of 300 patients with anxiety disorder during treatment. The aesthetic psychological scores are 0-10 points to indicate that they are poor to very good. Table 1 shows that the anxiety scores of all patients show a decreasing trend in the color expression of modern painting art, and the aesthetic psychology of patients shows a gradually improving trend.

**Table 1.** Comparison of anxiety scores and aesthetic psychology of patients before and after treatment

Index	Before treatment	After treatment	t	P
Anxiety score	74.34±4.68	45.11±3.43	11.135	0.001
Aesthetic psychological evaluation	3.26±0.65	6.37±0.82	4.369	0.017

**Conclusions:** Anxiety is an inevitable negative emotion in the growth of individuals. The deterioration of anxiety will gradually evolve into anxiety disorder, which seriously affects the normal life of individuals. Therefore, the treatment of anxiety disorder is of great significance. In the study, the patients with anxiety disorder were treated with the color expression of modern painting art. The influence of the color expression of modern painting art on the patients with anxiety disorder was analyzed, and the anxiety scores and aesthetic psychological changes of the patients during the treatment were evaluated. The results showed that the anxiety scores of all the anxiety patients participating in the study were significantly reduced and their aesthetic psychology was significantly improved under the intervention of the treatment program. The above results show that the color expression of modern painting art can effectively treat anxiety, and can continuously improve the aesthetic psychology of patients and improve their comprehensive quality.

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## RESEARCH ON THE DEVELOPMENT AND FUNCTION OF GREEN FINANCE EMPIRICAL RESEARCH BASED ON PSYCHOLOGY

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