

Conclusions: In short, Mr. He Luting has made great contributions to music. He not only left a large number of excellent music works for us to enjoy, but also his music teaching mentality of promoting the democratization and popularization of music has also promoted the continuous development of music teaching in China. With the rapid development of economy, music education for students should pay more attention to the inspiration of their music talent and the acceptance of diversified music. Therefore, in the future music teaching, we should implement the students' educational ideas and ideas well, and promote the improvement of students' ability and creativity in the process of learning music by improving the teaching specialization of music teachers.

Key words: cultural mentality - contemporary music - contribution

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MENTAL CHARACTERISTICS AND STRATEGIES OF ANCIENT CHINESE WORDS TEACHING

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Background: Word is a wonderful flower in the palace of Chinese classical literature; Bold and unrestrained ci poetry is vigorous, free and easy, and has a good backbone. Its elegant language, rich connotation and high artistic conception all reach the superior realm of literature. The systematic arrangement of ancient words in current Chinese textbooks and the teaching objectives formulated in the salary curriculum standards can show the unique role of ancient words in improving students' humanistic quality, training students' Chinese ability, cultivating students' aesthetic taste and so on. Teaching ancient words should have been an elegant pleasure. But on the contrary, ancient words have become a "big difficulty" in teaching. It causes the passive situation of teachers in the teaching process and leads to the boredom of students' learning. Look at the whole teaching link. The paper intends to explain its causes from a mental perspective and preliminarily envisage its teaching strategies.

Objective: Word is a special form of expression in ancient Chinese. The metaphorical nature of its language greatly exceeds the transparency, resulting in the complexity and diversity of individual understanding. Based on the language itself, this paper takes mental as the relevant theoretical basis, combined with teaching practice. This paper puts forward the three-step strategy mode of teaching, and completes the exploration task of ancient words, meaning and artistic conception. Achieved the learning goal of ancient words.

Subjects and methods: 1. 'Learned helplessness' causes mental barriers to learning. The so-called "learned helplessness" is a specific mental phenomenon found by psychologist Seligman in the animal (dog) experiment in 1967. The experimental results show that the failure experience obtained when animals are in unavoidable, harmful or unpleasant situations will undermine their ability to deal with specific events in the future. They are easy to accept their fate passively and give up trying and efforts, Subsequent research proved that. This "learned helplessness" is more obvious in people. When people realize that their behavior is impossible to achieve a specific goal or has no possibility of success, they tend to abandon themselves and tend to attribute the failure mental to their own stable internal factors, resulting in a mental state of helplessness and depression. This kind of mental is fatal to learning. Ancient words are presented in classical Chinese. It has the characteristics of metaphor, jumping, polysemy, fuzziness and situational. The conversion, application and mixing of parts of speech, the mixing of word order, multiple layers of semantics, as well as the indirect obscurity of lyricism and the obscurity of artistic conception all cause difficulties in understanding and appreciation. In particular, metaphor creates obstacles to understanding. The so-called "metaphor". Aristotle believes that one word replaces another word to express the same meaning: Kun tiliang's "substitution theory" believes that metaphor is a rhetorical phenomenon that uses one word to replace another word; in ancient China, metaphor was the earliest manifestation of "Bixing". In short, the rhetorical understanding of metaphor is comparison and substitution. The metaphorical nature of language widely exists in the artistic world of ancient words.

Without a deep foundation of classical Chinese and theoretical accumulation of words, it is indeed difficult to fully grasp the artistic conception and style of ancient words. Modern schema theory points out that when accepting new things, everyone should assimilate them with the existing mental schema, so that new things can be absorbed smoothly in accordance with the old framework. Students who are familiar with modern Chinese have definite reference in their mental schema. It is often impossible to assimilate and adapt to unfamiliar classical Chinese quickly and accurately. The language transparency of modern Chinese is much more than metaphor. Without spending too much energy, students can basically master its expression meaning; while the metaphor of classical Chinese is like a gap between ancient words and students. Students often work hard with little effect. Learning efficiency is low. Unable to achieve the teaching goal and eventually lose interest and confidence in learning ancient words. In teaching practice, middle school students often break cans and fall. They adopt a negative evasive attitude towards ancient word teaching and attribute the mistakes to internal factors such as "insufficient ability". The vicious circle intensifies students' "learned helplessness" and finally falls into an embarrassing situation in ancient word teaching.

2. Improper teaching method leads to low efficiency of "learning". Ancient words are naive and elegant. The artistic conception is ethereal and remote, and the style is flexible and changeable. The most important thing in learning ancient words is the "Enlightenment" of Buddhism, and the highest level is that students can realize "wonderful meaning" and see a universe in a flower. See the ocean in a drop of water. As Mr. Ye Shengtao said, "teaching is to avoid teaching". Through the teaching of ancient words, students can enter the spiritual universe of Chinese traditional culture independently, appreciate its illusory images and realize its philosophical interest. Nowadays, the teaching of ancient words mostly remains at the three levels of "word interpretation form", "content analysis" and "general style". Teachers take charge of the classroom, from the background of the times, the life of poets, difficult words to the perspective of word meaning, the analysis of artistic conception and the presentation of themes. The teaching method of "Anatomy" rigidly cuts open the original integrated artistic conception, and the unitary identical analysis simplifies and simplifies the connotation of multiple words, and teachers replace the learning process. Students' subjectivity is erased. The original beautiful classroom has become a slaughterhouse of dead knowledge. The thinking mode of inertia acceptance restricts students' independent inquiry ability. Leaving teachers, Students are often helpless. The traditional teaching method of ancient words has greatly strangled the students' nature of active learning and directly affected the cultivation and improvement of students' ability to appreciate ancient words. Therefore, the teaching of ancient words should first eliminate students' mental obstacles, help students restore self-confidence, adopt modern teaching methods and promote students to study actively. In teaching. Reform the disadvantages of traditional teaching methods, rebuild the classroom teaching process, let students become the masters of the classroom, improve their appreciation ability in independent and pleasant understanding, and finally achieve the teaching goal of ancient words teaching.

Results: 1. Using music to solve the secret - the essence of words. The original name of the word "Quzi Ci" has a natural and inseparable relationship with music. As Wu Shichang said, "a word first has a musical tone, and then makes a long and short ten days according to the length, not a long and short sentence, and then" musicalize "it. First, it gets a new tune, and then makes a song according to the tune". It can be seen that the word was originally derived from music. It is actually "lyrics" with the purpose of "entering music". Later, after development and evolution, it gradually separated from music and became a kind of legal music. Research characteristics: any literary form has its specific style. Because of the essence of "human music", the number of words, rhyme and segmentation of CI are all affected by music. If the music is long, the words will be long and the number of words will be many. For example, rain and rain bell and slow sound belong to long tune; The music is short, and the words are also short. For example, recalling Qin E and meeting Huan are Xiaoling; There are too many to count. The length of music is uncertain, and the style of music is different. Therefore, the corresponding words are also different in number and style. Influenced by "entering music", the flat tone and rhyme of words are more flexible and free than poetry. Exploring relevance: music is the expression of people's true temperament, with strong subjective color and rich physiological Mental information has the characteristics of transcending time and space and has multiple emotional effects on the audience. Ci is the objective expression of the poet's essential temperament. Its philosophical connotation, reason, interest and emotion have gone beyond the fixed category of CI itself. It has the same super space-time and wide extension as music. As the aesthetician Zhu Guangqian said, "poetry and music have a long history. In origin, they and dance were originally a trinity mixed art. Although they are separated, rhythm is still a common element. Therefore, their relationship is often connected. The relationship between poetry and music is particularly close. Poetry can often be sung and poetry can often accompany music." Music and CI have experienced thousands of years of continuous changes. Up to now, they still affect people's aesthetic taste and taste with their

unique charm. There are many excellent cover songs in the singing world, which can prove that when will the bright moon reappear the ethereal and far-reaching artistic conception written by Su Shi. The theme song of the romance of the Three Kingdoms obviously inherits the heroic style of niannujiao. Chibi nostalgia. As for the broken east wind and hair like snow, the shadow of ancient words can be seen more clearly. Music is used to illustrate the quality of words. The teaching method is simple and easy to understand. Students are easy to accept and have interest. However, with the deepening of teaching, professional interpretation of words, such as word lattice, rhyme and rhythm, should be gradually strengthened to avoid students' arrogance, misunderstanding and distortion of words due to ease.

The trinity of poetry, music and painting - the artistic conception of Ci. Music. As mentioned earlier, Ci music is a family, blending water and milk, exchanging air, and interpreting artistic conception with music. Theoretically feasible. Chinese classical music has melodious melody and gentle melody, which coexists with the charm of classical poetry. It is feasible to use music to set off the artistic conception in practice. When teaching, create an atmosphere with music, reproduce the artistic conception, and timely cooperate with teachers' affectionate and beautiful reading, so that students can smell the sounds of nature, purify their hearts, and then understand the mystery and fun of Ci poetry. For example, Lu You's hairpin Phoenix can be matched with the lingering and sad violin solo Liang Zhu to set off the sad and helpless feeling of romantic love; Su Shi's "niannujiao. Chibi nostalgia" creates a heroic feeling of fierce wind and rain with the exciting zither famous song "ambush on all sides": "holding hands to look at tearful eyes, competing for silence and choking". Of course, it is set off by the sound of weeping flute; The joy of "do you know? Do you know? It should be green, fat, red and thin" is created with a light and melodious flute sound. Generally speaking, bold and unrestrained words are vigorous, free and easy, express a man's mind and show heroism. Even if they are sad, they are heroic and heroic. Such words are most suitable to use the sound of golden and iron horses such as pipa, guzheng and huqin to render the vigorous and intense artistic conception. The graceful words are mostly quiet, remote and sentimental works, which can be matched by the low and lingering music style and the quiet flute. When using music to teach ancient words, we should pay particular attention to the coordination between music and ci writing style. We should be able to "enter it. Out of it". Music is only an auxiliary means. The ultimate goal should be attributed to the appreciation of ci writing.

Painting. Although Ci and painting are two kinds of art, the communication between them has a deep origin. Both ancient China and ancient West have the proposition of "integration of poetry and painting" or "unity of poetry and painting". Ancient Greek poet Simonides said, "poetry is a sound painting, just as painting is a sound poem". Horace, an ancient Roman poet, also believed that "there is a picture in poetry and a poem in painting". Poetry is like this, so is words. The profound meaning and interest of Ci in a small scale is itself a delicate and beautiful picture: "where is the morning wind and the waning moon on the willow bank when I wake up tonight" - Qingli Xiaozhen filled with worries about my journey: "thousands of jackdaws. Flowing water flows around the lonely village" - simple and elegant Indifferent ink painting: "the rocks pierce the air, the surging waves beat the shore and roll up thousands of piles of snow" - a splash ink landscape with dense water vapor and dripping atmosphere: "the dress belt gradually widens and never regrets, eliminating people's haggard for Iraq" - a self portrait of the affectionate protagonist "suffering from Acacia and nowhere to complain". By connecting words and pictures with imagination, the fixed single word is transformed into a flexible and jumping picture, which is helpful to deepen students' understanding and grasp of words, optimize the teaching process and improve the teaching efficiency. Zong Baihua believes that if you want to make great achievements in poetic art, you must learn some music and pictures, "so that the words in the poem can express the realm of natural painting, and so that the words and sentences in the poem can be suitable for natural and beautiful syllables". In teaching, music and painting are used to interpret artistic conception, which not only better highlights the artistic style of Ci. It also expands the connotation of Ci and enriches students' imagination and expressiveness. Through the students' self-study of Ci works, they will finally teach students the method of appreciating ancient Ci and improve their appreciation ability and aesthetic taste.

3. Prose expansion connotation - the deformation of words. Although the length of Ancient Ci is short, it naturally contains a far-reaching "universe". The essence of appreciating ancient words is to restore the concentrated words and sentences to the poet's spiritual imagination, and expand the implied emotional mood into a philosophical chapter that enlightens people's mind. Expressing the connotation of words in prose is actually the deformation of teaching words. It can not only enhance students' understanding and grasp of word meaning, but also promote students' thinking and writing. Achieve the purpose of promoting writing with appreciation and replacing appreciation with writing. Compared with prose and Ci, they have amazing similarities: both are works to express temperament; All focus on depicting images (people and things); All carefully create an atmosphere; As for the writing skills of conveying feelings by scenery, blending scenery and feelings, and expressing one's feelings directly, there are countless. It is first

possible to expand the connotation of words by prose. Due to the short length of words, in order to express the meaning, we must gallop the pen in the concentrated space. The jump and fracture between words and sentences cause a large number of metaphorical phenomena, which is the "blind spot" of understanding. Prose can just imagine the way to make up for its fracture. Describe its fineness by the way of reproduction, so as to expand the connotation of reproduction words, which makes the deformation of words necessary.

Conclusions: The teaching of ancient words is a difficult point in Chinese teaching. This teaching model focuses on analyzing the connotation of words with a variety of artistic means. The spirit of art is interlinked. The comprehensive use of these methods. Timely adjustment according to needs can make the teaching activities calm, simple, happy and true. It is helpful for students to improve their ability of reading and appreciating ancient words.

Key words: mental - ancient Chinese - teaching

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ANALYSIS ON THE QUALITY OF LIFE OF THE ELDERLY IN COMMUNITY AND THE MENTAL NEEDS OF COMMUNITY NURSING

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Background: With the development of economy and scientific progress, human beings have greatly reduced the population mortality and increased the average life expectancy of the population through planned immunization, improved nutrition and food supply and effective treatment of diseases. The aging of the population is becoming more and more serious. According to statistics, by 2014, the total number of elderly people aged 60 and over had reached 212.42 million, breaking the 15% mark for the first time, accounting for 15.53% of the total number in China. It is predicted that by 2049, the number of elderly people aged 60 and over in China will reach 36.5%. As one of the key social groups, the elderly, with the growth of age, the transformation of social roles, the change of mental needs and other factors, the functions of various tissues and organs of the body gradually decline, the social adaptability is also gradually reduced, and various health problems are highlighted. Most elderly people have the phenomenon of sub-health and illness. According to the current mainstream pension model in China, the vast majority of the elderly live in the community. Therefore, it is the top priority of community nursing to actively carry out community elderly mental nursing and improve the self-care ability and quality of life of the elderly.

Objective: With the development of China's social economy, people's living standards have gradually improved, and the number of elderly population has also increased sharply. With the growth of age, the health status and various functions of the elderly gradually decline. At the same time, some elderly people lack the care and care of their children. Therefore, they are facing some problems in life and health, such as mental problems, medical care of diseases and life care. Relevant studies have found that physical health, family interpersonal relationship and quality of life satisfaction play an important role in regulating the mental status of the elderly.

Subjects and methods: 1. Current situation of community nursing for the elderly. Health archives community medical personnel establish dynamic electronic health archives for the elderly in their jurisdiction by means of telephone follow-up, door-to-door follow-up and outpatient examination, which records in detail the health status, medical records, living habits, physical examination, health assessment and other contents, so as to facilitate the medical personnel to fully grasp the health status of the elderly in their jurisdiction, Provide targeted medical care services. Health education. (1) Community medical staff regularly hold simple and practical health knowledge lectures (including health care, healthy diet, mental counseling, etc.) in the area under their jurisdiction; (2) During the free clinic or follow-up, the community medical staff will take the forms of written information publicity and