

it. This shows the importance of film soundtrack. This paper focuses on the role of film soundtrack on the physiology and psychology of the audience, in order to better understand the diversified art form of film.

Results: For the audience, the stimulation of multiple sensory nerves brought by the film soundtrack, especially the stimulation of advanced senses such as vision and hearing, will be transmitted to the central nervous system of the human brain in the fastest way when they receive the stimulation from the information such as the film soundtrack. In the face of films with the integration of sound and painting, especially the film soundtrack with high cooperation with the picture, the audience will collect color and other information, receive more complex and comprehensive neural perception such as language and music, transmit it to the nervous system through multiple different channels, reflect it to various organs and cells of the body, and finally gather in the center of the heart. The heart produces complex reactions such as different emotions and emotions, forming different psychological feelings.

Conclusions: In short, the film soundtrack realizes the integration of audio-visual and the unity of sound and painting. It not only effectively conveys the theme feelings of the film, but also enriches the audience's audio-visual feelings and realizes the organic integration of picture, sound and other arts. For the comprehensive audio-visual system of film, it is a work formed by the multiple cooperation of composer and performer, singer and recorder. When combined with the film picture, it realizes the mutual infection and strengthening of the picture and the soundtrack. While appreciating the film soundtrack, it not only realizes the pleasure of physical and mental senses, but also reflects the life value of the film.

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ENGLISH TEACHING IN HIGHER VOCATIONAL COLLEGES AND THE CULTIVATION OF STUDENTS' MENTAL HEALTH QUALITY

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Background: English is an indispensable course in the curriculum of higher vocational colleges. With the rapid development of China's economy, more and more foreigners and cultures come to China, and the exchanges bet ween all walks of life and the world are becoming more and more frequent. As our first foreign language, English is particularly important. As a higher vocational college responsible for transporting talents to the society, it should pay more attention to English teaching and application. At the same time, higher vocational college students are in a psychological sensitive period, and their mental health is also worthy of attention. A college student with good psychological quality can better adapt to the changes of the external environment, go out of the campus and deal with it freely at work. Therefore, the cultivation of College Students' mental health is also an indispensable link in higher vocational education. Then, from the perspective of Cultivating College Students' mental health factors, it is worth studying to improve the English level of college students in higher vocational colleges.

Subjects and methods: In the process of English Teaching in higher vocational colleges, students' performance is partly determined by intellectual factors, while the other is determined by non intellectual factors. Non intelligence factors mainly include motivation, interest, emotion, emotion and will. They are the dynamic system of cognitive activities, and affect the whole process of students' learning with their overall mutual penetration. This paper focuses on English Teaching in Higher Vocational Colleges and the cultivation of students' mental health factors.

Results: Since English is a language, learning is to apply it. According to this characteristic, we should provide more opportunities for students to practice application in teaching, and then create successful teaching examples through correct evaluation. For example, create opportunities for students to read and practice more, find excellent individuals, evaluate and praise them, and demonstrate - lead reading. Enable students to obtain a sense of achievement in learning, produce successful experience, form achievement motivation, and cultivate students' English motivation. It also makes other students have learning motivation to catch up with others. This paper proposes to arouse students' interest, improve teaching effect and stimulate students' interest through novel teaching methods.

Conclusions: College Students' mental health education is a long-term task. In English subject education, it is especially necessary to educate and cultivate according to the teaching characteristics, teaching contents and students' actual situation. English teaching should be free and relaxed, so we should break the theory centered teaching system and change it into not only strengthening practical teaching and improving students' English practical application level, but also improving the non

intelligence level of mental health and cultivating students' ability to adapt to the society. As a front-line teacher in Colleges and universities, we should guide students' study and life from the perspective of students' psychology, so as to make them grow up healthily and happily. The research of English teaching should change from the research of achievement in the past to the comprehensive research of ability and psychology, so as to create conditions for the all-round development of students.

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CRITICAL EVALUATION OF PSYCHOLOGICAL DEVIATION RESEARCH BASED ON MUSIC EDUCATION

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Background: Critical evaluation is an important method for educational and psychological research to review the advantages and disadvantages of previous achievements, find problems and promote research progress. The critical evaluation of educational and psychological research generally focuses on the following points: the expression of research assumptions or objectives, bias or distortion, samples, research variables, research tools, the subjective effects of researchers and researchers, statistical analysis, and the characteristics of various specific research methods.

Subjects and methods: This paper adopts the research methods of comparative analysis, induction and summary, taking music education and psychological research as an example, from the cause comparison method and relevant research do not confirm causality, the limit of research samples and the limit of interpretation and promotion of research conclusions, Empirical research requires that a credible conclusion should be based on the accumulation of research results and the nature of research tools to determine the nature, reliability and validity of research results to a certain extent. This paper briefly describes the application of critical evaluation in this research field.

Results: Every research on education and psychology is affected by various uncontrollable irrelevant variables, biases and errors in the research process, the effectiveness and reliability of its conclusions are not absolute, and some are even very low. Educational and psychological research always needs some tools to obtain quantitative data, such as systematic observation table; Questionnaire, various measurement tools, etc. When evaluating music education and psychological research, we should first pay special attention to the nature of analysis and evaluation research tools.

Conclusions: Since China started late, the first necessary step is to understand the research status and level abroad. Through the method of critical evaluation, our research starts from the forefront of this field. On the one hand, the method of critical evaluation opposes the overall acceptance without determining the value limit of previous research results, and even exaggerated interpretation intentionally or unintentionally. On the other hand, it is also opposed to holding a totally negative attitude towards previous studies in the absence of unique evaluation criteria and basis for educational and psychological research. Therefore, on the premise of seeking truth from facts, it is necessary to study the requirements and details of critical evaluation of education and psychology.

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ANALYSIS ON THE COMPLEXITY OF COLLEGE PHYSICAL EDUCATION STUDENTS' EMOTIONAL CHANGES

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Background: College physical education is an integral part of college education system. In order to pursue the establishment of the concept of lifelong physical education and make school physical education more fruitful and efficient, it is inseparable from the application of psychology. The author has realized from many years of physical education teaching practice that the formation of College Students' physical