

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

exercise, physical fitness, physical knowledge, skills, skills and good moral quality is inseparable from psychological activities such as cognition, emotion, will and interest. Only by accurately understanding the psychological characteristics of students and mastering the law of students' psychological activities, can teachers effectively carry out physical education teaching for students, and promote, stimulate, control and guide the formation and development of students' good psychological activities and psychological characteristics. In order to strengthen students' physique and promote the formation of lifelong sports concept, we can determine the teaching content and teaching methods.

**Subjects and methods:** Using the knowledge of sports psychology and following the law of students' psychological activities to organize teaching is an effective way to improve the quality of sports teaching. This paper attempts to provide a scientific basis for taking reasonable teaching and training measures in the teaching process through the understanding of sports psychology and combined with the specific laws of students' psychological state and various psychological activities in sports teaching.

**Results:** This paper holds that people will produce rich, colorful and complex psychological activities in various sports situations. The psychological phenomena expressed by them are a two-way influence relationship with sports activities. Different sports activities can promote the development of individual corresponding psychological functions. Sports psychology can eliminate students' timidity and fear in sports learning, improve students' attention, make them pay attention, adjust students' deviations and errors in completing actions in various forms, and eliminate psychological obstacles in combination with students' temperament characteristics. Physical education in Colleges and universities should adapt to the new physical education concept and go deep into the students' psychology and concept, find the existing problems and the power contained therein and make effective use of it, so as to make physical education teaching full of vitality and change "want you to learn" into "I want to learn".

**Conclusions:** Human behavior is completed under the control of consciousness, which also includes subconscious and subconscious behavior. College physical education is still in a rather secondary position in the current college education system. People's concept does not pay attention to physical education, and the funds invested in physical education are insufficient, which is extremely incompatible with the task of cultivating the concept of lifelong physical education and ensuring the physical quality of talents needed by the society. However, college physical education can only maintain such a position at present and for a long time. Therefore, it is still a long way to explore physical education teaching methods and tap the potential of the traditional physical education teaching model.

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## FACTORS AFFECTING EMOTIONAL RELAXATION IN PIANO PERFORMANCE AND THEIR SOLUTIONS

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**Background:** Relaxation in piano playing has a very important necessity and role. If you don't relax, the whole body is rigid, so that the sound made by the piano is stiff and harsh, and it is particularly easy to be tired after playing for a long time, so you must understand how to relax. Only in this way can piano players play beautiful melodies and complete good works. Relaxation in piano performance mainly includes physical relaxation and psychological relaxation.

**Subjects and methods:** The ultimate goal of piano players' learning is to go to the stage and perfectly show the connotation and charm of music to the audience. However, most piano players will show tension when performing on stage, which has brought unnecessary negative effects to the performance effect. Starting with the necessity, function and practice methods of relaxation in piano performance, this paper analyzes the importance and practice methods of relaxation in multiple parts and the impact of psychological relaxation on piano performance, and puts forward targeted practice methods.

**Results:** In piano performance, only by dealing with the relative relationship between overall relaxation and local tension from fingertips to wrists, arms, shoulders, upper body, even waist and all parts of the whole body, can the technical level of piano performance be improved. The improvement of the technical level of piano performance provides strong technical support for the higher-level expression of music, that is, emotional expression. So as to enable students to use the unique language of music itself in a healthy and positive psychological state to show dramatic musical expressiveness and appeal in the continuous interweaving process of emotional relaxation and tension, so as to express music more deeply and perfectly.